

GIURIATI Masterclass Schedule

from Sept 2025, 29th to June 2026, 7th

MONDAY

11:00 12:00	Squash Laura C.
12:00 13:00	Weightlifting Anna B.
13:00 14:00	Functional Training Anna B.

16:00 17:00	Squash Laura C.
16:00 17:00	Mobility Davide N.
16:00 17:00	Padel Base Yvan B.
17:00 18:00	Animal Movement Davide N.
17:00 18:00	Padel Intermediate Yvan B.
18:00 19:00	Padel Advanced Yvan B.
18:00 19:00	Functional Training Anna B.
18:00 19:00	Female Futsal Alessandro F.
19:00 20:00	Weightlifting Anna B.
19:00 20:00	Padel Base Yvan B.
19:00 20:00	Ultimate Frisbee Sacha P.
19:00 20:00	Female Futsal Lorenzo C.
20:00 21:00	Padel Base Yvan B.
21:00 22:00	Padel Intermediate Yvan B.
20:00 21:00	High Intensity Training Lorenzo C.
20.45 21.45	High Heels Dance Doga B.

TUESDAY

08:00 09:00	Pilates Marco T.
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10:30 11:30	Padel Base Stefano C.
11:30 12:30	Padel Intermediate Stefano C.
12:30 13:30	Padel Base Stefano C.
12:00 13:00	Kick Boxing no contact - liv.1 Alessandro N.
13:00 14:00	Brazilian Jiu Jitsu NO GI Alessandro N.
13:30 14:30	Padel Advanced Stefano C.

17:00 18:00	Kick Boxing no contact - liv.1 Christian B.
18:00 19:00	Kick Boxing no contact - liv.2 Christian B.
18:00 19:00	Female Basketball Sacha P.
18:00 19:00	Calisthenics Michele Q.
19:00 20:00	Male Futsal Davide B.
19:00 20:00	Boxe Christian B.
19:00 20:00	Male Basketball Sacha P.
20:00 21:00	Female Futsal Davide B.
20:00 21:00	Volleyball Camilla S.
20:00 21:00	Kick Boxing Advanced Christian B.
21:00 22:00	Volleyball Advanced Camilla S.

WEDNESDAY

07:30 08:30	Padel Intermediate Yvan B.
08:00 09:00	Yoga Shiva Flow Marco T.
08:30 09:30	Padel Intermediate Yvan B.
09:30 10:30	Padel Base Yvan B.
10:30 11:30	Padel Intermediate Yvan B.
11:30 12:30	Padel Base Yvan B.

13:00 14:00	Karate Luca F.
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16:00 18:00	Cheerleading Umberto M.
17:00 18:00	Functional Training Davide B.
18:00 19:00	Yoga Vinyasa Krama Silvia V.
18:00 19:00	Futsal Maschile Davide B.
18:30 19:30	Running Alessandro F.
19:00 20:00	Yoga Vinyasa Krama Silvia V.
19:00 20:00	Futsal Maschile Davide B.
20:00 21:00	Functional Training Elia B.

THURSDAY

08:00 09:00	High Intensity Training Lorenzo C.
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12:00 13:00	Boxe Christian B.
13:00 14:00	Kick Boxing no contact - liv.2 Christian B.

16:00 17:00	Padel Base Andrea M.
16:00 17:00	Kick Boxing no contact - liv.1 Alessandro N.
17:00 18:00	Brazilian Jiu Jitsu SI GI Alessandro N.
17:00 18:00	Padel Base Andrea M.
18:00 19:00	Padel Base Andrea M.
18:00 19:00	Brazilian Jiu Jitsu NO GI Alessandro N.
18:00 19:00	Running Alessandro F.
19:00 20:00	Padel Intermediate Andrea M.
18:00 19:00	Calisthenics Michele Q.
19:00 20:00	Boxe Ovidiu M.
20:00 21:00	Padel Intermediate Andrea M.
19:00 20:00	Calisthenics Michele Q.
20:00 21:00	Kick Boxing Advanced Ovidiu M.
21:00 22:00	Padel Base Andrea M.

FRIDAY

13:00 14:00	Functional Training Lorenzo C.
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16:00 17:00	Yoga Vinyasa Krama Annerose D.
17:00 18:00	Yoga Odaka Annerose D.
17:00 18:00	Volleyball Camilla S.
18:00 19:00	Volleyball Camilla S.
18:00 19:00	Jazzercise Paola M.
19:00 20:00	Volleyball Camilla S.
19:00 20:00	Salsa & Bachata Base Isabella I.
20:00 21:00	Volleyball Advanced Camilla S.
20:00 21:00	Salsa Intermediate Isabella I.
21:00 22:00	Volleyball Advanced Camilla S.
21:00 22:00	Bachata Intermediate Isabella I.

SATURDAY

12:00 13:00	Functional Training ..to be defined.
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Masterclass Area

Training Room - Fit Center

Arena

Padel

Outdoor

PoliSquash - via G. Pascoli, 70

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