

GIURIATI Masterclass Schedule

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

MONDAY

12:00	Weightlifting
13:00	Anna B.
13:00	Functional Training
14:00	Anna B.

16:00	Mobility
17:00	Davide N.
16:00	Padel Base
17:00	Yvan B.
17:00	Animal Movement
18:00	Davide N.
17:00	Padel Intermediate
18:00	Yvan B.
18:00	Padel Advanced
19:00	Yvan B.
18:00	Functional Training
19:00	Anna B.
19:00	Weightlifting
20:00	Anna B.
19:00	Padel Base
20:00	Yvan B.
19:00	Ultimate Frisbee
20:00	Sacha P.
19:00	Female Futsal
20:00	Lorenzo C.
20:00	Padel Base
21:00	Yvan B.
21:00	Padel Intermediate
22:00	Yvan B.
20:00	High Intensity Training
21:00	Lorenzo C.
20:45	High Heels Dance
21:45	Doga B.
21:00	High Intensity Training
22:00	Lorenzo C.

TUESDAY

08:00	Pilates
09:00	Marco T.

09:30	Padel Base
10:30	Stefano C.
10:30	Padel Base
11:30	Stefano C.
11:30	Padel Intermediate
12:30	Stefano C.
12:30	Padel Base
13:30	Stefano C.
12:00	Kick Boxing
13:00	Alessandro N.
13:00	Brazilian Jiu Jitsu NO GI
14:00	Alessandro N.
13:30	Padel Advanced
14:30	Stefano C.

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

WEDNESDAY

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

13:00	Karate
14:00	Luca F.

16:00	Cheerleading
18:00	Umberto M.
17:00	Functional Training
18:00	Davide B.
18:00	Yoga Vinyasa Krama
19:00	Silvia V.
18:00	Female Futsal
19:00	Davide B.
18:00	Running
19:00	Valeria V.
19:00	Yoga Vinyasa Krama
20:00	Silvia V.
19:00	Male Futsal
20:00	Davide B.
20:00	Running
19:00	Valeria V.
20:00	Functional Training
21:00	Elia B.

THURSDAY

08:00	High Intensity Training
09:00	Lorenzo C.

12:00	Boxe
13:00	Christian B.
13:00	Kick Boxing
14:00	Christian B.

16:00	Padel Base
17:00	Andrea M.
16:00	Kick Boxing
17:00	Alessandro N.
17:00	Brazilian Jiu Jitsu SI GI
18:00	Alessandro N.
17:00	Padel Base
18:00	Andrea M.
18:00	Padel Base
19:00	Andrea M.
18:00	Brazilian Jiu Jitsu NO GI
19:00	Alessandro N.
19:00	Padel Intermediate
20:00	Andrea M.
18:00	Calisthenics
19:00	Michele Q.
19:00	Boxe
20:00	Ovidiu M.
20:00	Padel Intermediate
21:00	Andrea M.
19:00	Calisthenics
20:00	Michele Q.
20:00	Boxe
21:00	Ovidiu M.
21:00	Padel Base
22:00	Andrea M.

FRIDAY

13:00	Functional Training
14:00	Lorenzo C.

17:00	Yoga Odaka
18:00	Annerose D.
17:00	Volleyball
18:00	Camilla S.
18:00	Volleyball
19:00	Camilla S.
18:00	Jazzercise
19:00	Paola M.
19:00	Volleyball
20:00	Camilla S.
19:00	Salsa & Bachata Base
20:00	Isabella I.
20:00	Volleyball Advanced
21:00	Camilla S.
20:00	Salsa & Bachata Base
21:00	Isabella I.
21:00	Volleyball Advanced
22:00	Camilla S.
21:00	Salsa & Bachata Intermediate
22:00	Isabella I.

Masterclass Area

Training Room - Fit Center

Arena

Padel

Outdoor

www.sport.polimi.it

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