

GIURIATI Masterclass Schedule

DAL 25/09/2023 AL 09/06/2024

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

08:00 Pilates
09:00 Marco T.

11:30 Padel Base
13:30 Stefano C.
12:20 Boogie - base 2
13:15 Alice & William
12:30 Padel Base
13:30 Stefano C.
13:20 Boogie - intermedio 2
14:15 Alice & William
13:00 Calcio a 5 Femminile
14:00 Lorenzo C.
13:00 Brazilian Jiu Jitsu
14:00 Andrija M.
13:30 Padel Base
14:30 Stefano C.

12:15 Pallacanestro Maschile
13:15 Elio B.
13:00 Functional Training
14:00 Davide D.

16:00 Padel Intermedio
17:00 Yvan B.
17:00 Functional Training
18:00 Lorenzo F.
17:00 Padel Base
18:00 Yvan B.
18:00 Zumba
19:00 Dorlan Q.
18:00 Padel Intermedio
19:00 Yvan B.
18:00 Yoga Odaka
19:00 Teresa P.
18:30 Calcio a 5 Femminile
19:30 Lorenzo C.
19:00 Yoga Vinyasa Krama
20:00 Teresa P.
19:00 Padel Intermedio
20:00 Yvan B.
19:30 Calcio a 5 Femminile
20:30 Alessandro F.
19:30 Calisthenics
20:30 Riccardo Z.
20:00 Padel Base
21:00 Yvan B.
21:00 Padel Intermedio
22:00 Yvan B.
20:00 High Intensity Training
21:00 Lorenzo C.
20:00 Flag Football no contact
21:00 Elio B.

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

13:00 Karate
14:00 Luca F.

16:00 Boxe
17:00 Alessandro N.
17:00 Boxe
18:00 Alessandro N.
18:00 Calisthenics
19:00 Olivier B.
18:00 Boxe
19:00 Ovidiu M.
18:30 Calcio a 5 Maschile
19:30 Davide B.
19:00 Boxe
20:00 Ovidiu M.
19:00 Calisthenics
20:00 Olivier B.
19:30 Calcio a 5 Maschile
20:30 Davide B.
20:00 Functional Training
21:00 Olivier B.
20:00 Ultimate Frisbee
21:00 Elio B.

08:00 Functional Training
09:00 Davide D.

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

16:00 Padel Base
17:00 Cristiano P.
17:00 Padel Intermedio
18:00 Cristiano P.
18:00 Padel Intermedio
19:00 Cristiano P.
18:00 Functional Training
19:00 Olivier B.
18:30 Running
19:30 Alessandro F.
19:00 Padel Intermedio
20:00 Cristiano P.
19:15 Brazilian Jiu Jitsu
20:15 Andrija M.
19:30 Calcio a 5 Femminile
20:30 Alessandro F.
20:00 Padel Intermedio
21:00 Cristiano P.
20:30 Salsa & Bachata
21:30 Isabella I.
21:00 Padel Base
22:00 Cristiano P.

13:00 Functional Training
14:00 Lorenzo C.

16:00 Yoga Vinyasa Krama
17:00 Teresa P.
17:00 Yoga Odaka
18:00 Teresa P.
17:00 Pallavolo
18:00 Camilla S.
18:00 Pallavolo
19:00 Camilla S.
18:00 Functional Training
19:00 Davide D.
19:00 Jazzercise
20:00 Paola M.
19:00 Pallavolo
20:00 Camilla S.
20:00 Pallavolo
21:00 Camilla S.

SABATO

12:00 Functional Training
13:00 Davide B. / Lorenzo C. / Davide D.

www.sport.polimi.it
giuriati@polimi.it 02 23996427

Masterclass Area

Outdoor

Arena

Padel