

# GIURIATI Masterclass Schedule

DAL 29/09/2025 AL 07/06/2026

LUNEDÌ

|       |                     |
|-------|---------------------|
| 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 Intermedio        |
| 18:00 | Yvan B.                 |
| 18:00 | Padel Avanzato          |
| 19:00 | Yvan B.                 |
| 18:00 | Functional Training     |
| 19:00 | Anna B.                 |
| 18:00 | Calcio a 5 Femminile    |
| 19:00 | Alessandro F.           |
| 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 | Calcio a 5 Femminile    |
| 20:00 | Lorenzo C.              |
| 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.              |

MARTEDÌ

|       |          |
|-------|----------|
| 08:00 | Pilates  |
| 09:00 | Marco T. |

|       |                                |
|-------|--------------------------------|
| 10:30 | Padel Base                     |
| 11:30 | Stefano C.                     |
| 11:30 | Padel Intermedio               |
| 12:30 | Stefano C.                     |
| 12:30 | Padel Base                     |
| 13:30 | Stefano C.                     |
| 12:00 | Kick Boxing no contact - liv.1 |
| 13:00 | Alessandro N.                  |
| 13:00 | Brazilian Jiu Jitsu NO GI      |
| 14:00 | Alessandro N.                  |
| 13:30 | Padel Avanzato                 |
| 14:30 | Stefano C.                     |

|       |                                |
|-------|--------------------------------|
| 17:00 | Kick Boxing no contact - liv.1 |
| 18:00 | Christian B.                   |
| 18:00 | Kick Boxing no contact - liv.2 |
| 19:00 | Christian B.                   |
| 18:00 | Pallacanestro Femminile        |
| 19:00 | Sacha P.                       |
| 18:00 | Calisthenics                   |
| 19:00 |                                |
| 19:00 | Calcio a 5 Maschile            |
| 20:00 | Davide B.                      |
| 19:00 | Boxe                           |
| 20:00 | Christian B.                   |
| 19:00 | Pallacanestro Machile          |
| 20:00 | Sacha P.                       |
| 20:00 | Calcio a 5 Femminile           |
| 21:00 | Davide B.                      |
| 20:00 | Pallavolo                      |
| 21:00 | Camilla S.                     |
| 20:00 | Kick Boxing Avanzato           |
| 21:00 | Christian B.                   |
| 21:00 | Pallavolo Avanzato             |
| 22:00 | Camilla S.                     |

MERCOLEDÌ

|       |                  |
|-------|------------------|
| 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 | Cheerleading        |
| 18:00 | Umberto M.          |
| 17:00 | Functional Training |
| 18:00 | Davide B.           |
| 18:00 | Yoga Vinyasa Krama  |
| 19:00 | Silvia V.           |
| 18:00 | Running             |
| 19:00 | Alessandro F.       |
| 18:00 | Calcio a 5 Maschile |
| 19:00 | Davide B.           |
| 19:00 | Yoga Vinyasa Krama  |
| 20:00 | Silvia V.           |
| 19:00 | Calcio a 5 Maschile |
| 20:00 | Davide B.           |
| 20:00 | Functional Training |
| 21:00 | Elia B.             |

GIOVEDÌ

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

|       |                                |
|-------|--------------------------------|
| 12:00 | Boxe                           |
| 13:00 | Christian B.                   |
| 13:00 | Kick Boxing no contact - liv.2 |
| 14:00 | Christian B.                   |

|       |                                |
|-------|--------------------------------|
| 16:00 | Padel Base                     |
| 17:00 | Andrea M.                      |
| 16:00 | Kick Boxing no contact - liv.1 |
| 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 Avanzato                 |
| 19:00 | Andrea M.                      |
| 18:00 | Brazilian Jiu Jitsu NO GI      |
| 19:00 | Alessandro N.                  |
| 18:30 | Running                        |
| 19:30 | Alessandro F.                  |
| 19:00 | Padel Intermedio               |
| 20:00 | Andrea M.                      |
| 18:00 | Calisthenics                   |
| 19:00 | Michele Q.                     |
| 19:00 | Boxe                           |
| 20:00 | Ovidiu M.                      |
| 20:00 | Padel Intermedio               |
| 21:00 | Andrea M.                      |
| 19:00 | Calisthenics                   |
| 20:00 | Michele Q.                     |
| 20:00 | Kick Boxing Avanzato           |
| 21:00 | Ovidiu M.                      |
| 21:00 | Padel Base                     |
| 22:00 | Andrea M.                      |

VENERDÌ

|       |                     |
|-------|---------------------|
| 13:00 | Functional Training |
| 14:00 | Lorenzo C.          |

|       |                      |
|-------|----------------------|
| 16:00 | Yoga Vinyasa Krama   |
| 17:00 | Annerose D.          |
| 17:00 | Yoga Odaka           |
| 18:00 | Annerose D.          |
| 17:00 | Pallavolo            |
| 18:00 | Camilla S.           |
| 18:00 | Pallavolo            |
| 19:00 | Camilla S.           |
| 18:00 | Jazzercise           |
| 19:00 | Paola M.             |
| 19:00 | Pallavolo            |
| 20:00 | Camilla S.           |
| 19:00 | Salsa & Bachata Base |
| 20:00 | Isabella I.          |
| 20:00 | Pallavolo Avanzato   |
| 21:00 | Camilla S.           |
| 20:00 | Salsa Intermedio     |
| 21:00 | Isabella I.          |
| 21:00 | Pallavolo Avanzato   |
| 22:00 | Camilla S.           |
| 21:00 | Bachata Intermedio   |
| 22:00 | Isabella I.          |

SABATO

|       |                     |
|-------|---------------------|
| 12:00 | Functional Training |
| 13:00 |                     |

[www.sport.polimi.it](http://www.sport.polimi.it)  
[giuriati@polimi.it](mailto:giuriati@polimi.it) 02 23996427

Masterclass Area

Outdoor

Arena

Padel