

GIURIATI Masterclass Schedule

from **29/09/2025** to **07/06/2026**

MONDAY

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

16:00	Mobility Davide N.
16:00	Padel Base Yvan B.
17:00	Animal Movement Davide N.
17:00	Padel Intermediate Yvan B.
18:00	Padel Advanced Yvan B.
18:00	Functional Training Anna B.
18:00	Female 5-a-side Futsal Alessandro F.
19:00	Weightlifting Anna B.
19:00	Padel Base Yvan B.
19:00	Ultimate Frisbee Sacha P.
19:00	Female 5-a-side Futsal Lorenzo C.
20:00	Padel Base Yvan B.
21:00	Padel Intermediate Yvan B.
22:00	High Intensity Training Lorenzo C.

TUESDAY

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

17:00	Kick Boxing no contact - liv.1 Christian B.
18:00	Kick Boxing no contact - liv.2 Christian B.
18:00	Female Basketball Sacha P.
18:00	Calisthenics Michele Q.
19:00	Male 5-a-side Futsal Davide B.
19:00	Boxe Christian B.
19:00	Male Basketball Sacha P.
20:00	Female 5-a-side Futsal Davide B.
20:00	Volleyball Camilla S.
20:00	Kick Boxing Avanzato Christian B.
21:00	Volleyball Advanced Camilla S.

WEDNESDAY

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

13:00	Karate Luca F.
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16:00	Cheerleading Umberto M.
17:00	Functional Training Davide B.
18:00	Yoga Vinyasa Krama Silvia V.
18:00	Running Alessandro F.
19:00	Male 5-a-side Futsal Davide B.
19:00	Yoga Vinyasa Krama Silvia V.
20:00	Male 5-a-side Futsal Davide B.
20:00	Functional Training Elia B.

THURSDAY

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

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

FRIDAY

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

SATURDAY

12:00	Functional Training
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Masterclass Area

Outdoor

Arena

Padel