

GIURIATI Masterclass Schedule

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

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

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

16:00	Mobility Davide N.
17:00	
16:00	Padel Base Yvan B.
17:00	
17:00	Animal Movement Davide N.
18:00	
17:00	Padel Intermedio Yvan B.
18:00	
18:00	Padel Avanzato Yvan B.
19:00	
18:00	Functional Training Anna B.
19:00	
19:00	Weightlifting Anna B.
20:00	
19:00	Padel Base Yvan B.
20:00	
19:00	Ultimate Frisbee Sacha P.
20:00	
19:00	Calcio a 5 Femminile Lorenzo C.
20:00	
20:00	Padel Base Yvan B.
21:00	
21:00	Padel Intermedio Yvan B.
22:00	
20:00	High Intensity Training Lorenzo C.
21:00	
20:45	High Heels Dance Doga B.
21:45	
21:00	High Intensity Training Lorenzo C.
22:00	

08:00	Pilates Marco T.
09:00	

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

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

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

13:00	Karate Luca F.
14:00	

16:00	Cheerleading Umberto M.
18:00	
17:00	Functional Training Davide B.
18:00	
18:00	Yoga Vinyasa Krama Silvia V.
19:00	
18:00	Calcio a 5 Femminile Davide B.
19:00	Running Valeria V.
18:00	
19:00	Yoga Vinyasa Krama Silvia V.
20:00	
19:00	Calcio a 5 Maschile Davide B.
20:00	Running Valeria V.
19:00	
20:00	Functional Training Elia B.
21:00	

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

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

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

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

Masterclass Area

Training Room - Fit Center

Arena

Padel

Outdoor

www.sport.polimi.it

giuriati@polimi.it

02 23996427