

BOVISA Masterclass Schedule

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08.00 **Yoga Vinyasa Krama**
09.00 Vittoria G.

13.00 **Pilates**
14.00 Marco T.

12.00 **Functional Training**
13.00 Lorenzo C.
13.00 **Pilates**
14.00 Lorenzo C.

13.00 **Mindfulness**
14.00 Stefano Z.

16.00 **Padel Base**
17.00 Stefano C.
17.00 **Padel Intermediate**
18.00 Stefano C.
18.00 **Power Music Training**
19.00 Eliana J.
18.00 **Padel Base**
19.00 Stefano C.
18.00 **Calisthenics**
19.00 Michele Q.
19.00 **Zumba**
20.00 Eliana J.
19.00 **Padel Intermediate**
20.00 Stefano C.

17.00 **Kick Boxing**
18.00 Riccardo
18.00 **Kick Boxing**
19.00 Riccardo
19.00 **Kick Boxing**
20.00 Riccardo

17.00 **Functional Training**
18.00 Anna M.
18.00 **Functional Training**
19.00 Anna M.
18.00 **Calcio a 5 femminile**
19.00 Lorenzo C.
19.00 **Calcio a 5 maschile**
20.00 Lorenzo C.

15.00 **Padel Base**
16.00 Stefano C.
16.00 **Padel Base**
17.00 Stefano C.
17.00 **Padel Base**
18.00 Stefano C.
17.00 **Pilates**
18.00 Marco T.
18.00 **Yoga Shiva Flow**
19.00 Marco T.
18.00 **Padel Base**
19.00 Stefano C.
19.00 **Pilates**
20.00 Marco T.
19.00 **Padel Intermediate**
20.00 Stefano C.

17.00 **Body Weight**
18.00 Davide N.
18.00 **Functional Training**
19.00 Davide N.

www.sport.polimi.it

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02 23997103 - Gasometri Park

02 23996427 - Giuriati Sports Center

B20 Building

Gasometri Park

Calisthenics, Futsal and Padel Masterclasses will take place at the **Gasometri Park**.
All other lessons will be held on the ground floor of **B20 building** in Bovisa La Masa.