

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.

16.00	Padel Intermediate
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 G.
18.00	Kick Boxing
19.00	Riccardo G.
19.00	Kick Boxing
20.00	Riccardo G.

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 Intermediate
17.00	Stefano C.
17.00	Padel Intermediate
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	Functional Training
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.