

BOVISA Masterclass Schedule

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08.00
09.00 **Yoga Vinyasa Krama**
Anna A.

13.00
14.00 **Pilates**
Marco T.

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

13.00
14.00 **Mindfulness**
Stefano Z.

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

17.00
18.00 **Kick Boxing**
Michelangelo V.
18.00
19.00 **Kick Boxing**
Michelangelo V.
19.00
20.00 **Kick Boxing**
Michelangelo V.

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

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

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

www.sport.polimi.it

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02 23997103 - Parco dei Gasometri

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.