

BOVISA Masterclass Schedule

from **Sept 2025, 9th** to **June 2026, 7th**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08.00 **Yoga Vinyasa Krama**
Anna A.

13.00 **Pilates**
Marco T.

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

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

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

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

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

13.00 **Mindfulness**
Stefano Z.

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