

# GIURIATI Masterclass Schedule

DAL 25/09/2023 AL 09/06/2024

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VEDERDÌ
	08:00 09:00 <b>Pilates</b> Marco T.	07:30 <b>Padel Intermedio</b> Yvan B. 08:30 <b>Yoga Shiva Flow</b> Marco T. 09:00 08:30 <b>Padel Intermedio</b> Yvan B. 09:30 <b>Padel Base</b> Yvan B. 10:30 10:30 <b>Padel Intermedio</b> Yvan B. 11:30 <b>Padel Base</b> Yvan B. 12:30	08:00 09:00 <b>Functional Training</b> Davide D.	
12:15 <b>Pallacanestro Maschile</b> Elia B. 13:15 13:00 <b>Functional Training</b> Davide D. 14:00	12:20 <b>Boogie - base 2</b> Alice & William 13:15 12:30 <b>Padel Base</b> Stefano C. 13:30 13:20 <b>Boogie - intermedio 2</b> Alice & William 14:15 13:00 <b>Calcio a 5 Femminile</b> Lorenzo C. 14:00 13:00 <b>Brazilian Jiu Jitsu</b> Andrija M. 14:00 13:30 <b>Padel Base</b> Stefano C. 14:30	13:00 <b>Karate</b> Luca F. 14:00	12:00 <b>Kick Boxing</b> Christian B. 13:00 13:00 <b>Kick Boxing</b> Christian B. 14:00	13:00 <b>Functional Training</b> Lorenzo C. 14:00
16:00 <b>Padel Intermedio</b> Yvan B. 17:00 17:00 <b>Functional Training</b> Lorenzo F. 18:00 17:00 <b>Padel Base</b> Yvan B. 18:00 18:00 <b>Zumba</b> Dorian Q. 19:00 18:00 <b>Padel Intermedio</b> Yvan B. 19:00 18:00 <b>Yoga Odaka</b> Teresa P. 19:00 18:30 <b>Calcio a 5 Femminile</b> Lorenzo C. 19:30 19:00 <b>Yoga Vinyasa Krama</b> Teresa P. 20:00 19:00 <b>Padel Intermedio</b> Yvan B. 20:00 19:30 <b>Calcio a 5 Femminile</b> Alessandro F. 20:30 19:30 <b>Calisthenics</b> Riccardo Z. 20:30 20:00 <b>Padel Base</b> Yvan B. 21:00 21:00 <b>Padel Intermedio</b> Yvan B. 22:00 20:00 <b>High Intensity Training</b> Lorenzo C. 21:00 20:00 <b>Flag Football no contact</b> Elia B. 21:00	16:00 <b>Kick Boxing</b> Christian B. 17:00 17:00 <b>Kick Boxing</b> Christian B. 18:00 18:00 <b>Kick Boxing</b> Christian B. 19:00 18:00 <b>Running</b> Alessandro F. 19:00 18:00 <b>Pallacanestro Maschile</b> Elia B. 19:00 18:30 <b>Calcio a 5 Maschile</b> Davide B. 19:30 19:00 <b>Kick Boxing</b> Christian B. 20:00 19:00 <b>Pallacanestro 3vs3 Femminile</b> Alessandro F. 20:00 20:00 <b>Pallacanestro 3vs3 Maschile</b> Elia B. 20:00 20:00 <b>Kick Boxing Avanzato</b> Christian B. 21:00 20:00 <b>Pallacanestro Femminile</b> Alessandro F. 21:00 21:00 <b>Pallamano</b> Pietro G. 22:00	16:00 <b>Boxe</b> Alessandro N. 17:00 17:00 <b>Boxe</b> Alessandro N. 18:00 18:00 <b>Calisthenics</b> Olivier B. 19:00 18:00 <b>Boxe</b> Ovidiu M. 19:00 18:30 <b>Calcio a 5 Maschile</b> Davide B. 19:30 19:00 <b>Boxe</b> Ovidiu M. 20:00 19:00 <b>Calisthenics</b> Olivier B. 20:00 19:30 <b>Calcio a 5 Maschile</b> Davide B. 20:30 20:00 <b>Functional Training</b> Olivier B. 21:00 20:00 <b>Ultimate Frisbee</b> Elia B. 21:00	16:00 <b>Padel Base</b> Cristiano P. 17:00 17:00 <b>Padel Intermedio</b> Cristiano P. 18:00 18:00 <b>Padel Intermedio</b> Cristiano P. 19:00 18:00 <b>Functional Training</b> Olivier B. 19:00 18:30 <b>Running</b> Alessandro F. 19:30 19:00 <b>Padel Intermedio</b> Cristiano P. 20:00 19:15 <b>Brazilian Jiu Jitsu</b> Andrija M. 20:15 19:30 <b>Calcio a 5 Femminile</b> Alessandro F. 20:30 20:00 <b>Padel Intermedio</b> Cristiano P. 21:00 20:30 <b>Salsa &amp; Bachata</b> Isabella I. 21:30 21:00 <b>Padel Base</b> Cristiano P. 22:00	16:00 <b>Yoga Vinyasa Krama</b> Teresa P. 17:00 17:00 <b>Yoga Odaka</b> Teresa P. 18:00 17:00 <b>Pallavolo</b> Camilla S. 18:00 18:00 <b>Pallavolo</b> Camilla S. 19:00 18:00 <b>Functional Training</b> Davide D. 19:00 19:00 <b>Jazzercise</b> Paola M. 20:00 19:00 <b>Pallavolo</b> Camilla S. 20:00 20:00 <b>Pallavolo</b> Camilla S. 21:00
				<b>SABATO</b>
				12:00 <b>Functional Training</b> Davide B. / Lorenzo C. / Davide D. 13:00