

# GIURIATI Masterclass Schedule

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

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