GIURIATI Summer Masterclass Schedule

DAL **09/06/2025** AL **20/07/2025**

LUNEDÌ

12:00	13:00	Weightlifting – Anna B.
13:00	14:00	Functional Training – Anna B.
17:00	18:00	Functional Training – Pietro L.
17:00	18:00	Padel Base – Yvan B.
18:00	19:00	Padel Intermedio – Yvan B.
18:00	19:00	Yoga Odaka – Annerose D.
19:00	20:00	Yoga Vinyasa Krama – Silvia V.
19:00	20:00	Padel Intermedio – Yvan B.
19:00	20:00	Ultimate Frisbee – Sacha P.
19:00	20:00	Calcio a 5 Femminile – Lorenzo C.
19:30	20:30	Calisthenics – Giulia L.
20:00	21:00	Padel Base – Yvan B.
21:00	22:00	Padel Intermedio – Yvan B.
20:00	21:00	High Intensity Training – Lorenzo C.

MARTEDÌ

08:00	09:00	Pilates – Marco T.
10:30	11:30	Padel Base – Stefano C.
11:30	12:30	Padel Intermedio – Stefano C.
12:30	13:30	Padel Base – Stefano C.
13:30	14:30	Padel Intermedio – Stefano C.
13:00	14:00	Kick Boxing – Christian B.
17:00	18:00	Kick Boxing – Christian B.
18:00	19:00	Kick Boxing – Christian B.
18:00	19:00	Pallacanestro Maschile – Sacha P.
18:00	19:00	Calcio a 5 Femminile – Alessandro F.
19:00	20:00	Running – Alessandro F.
19:00	20:00	Kick Boxing Avanzato – Christian B.
19:30	20:30	Calisthenics – Giulia L.

MERCOLEDÌ

07:30	08:30	Padel Intermedio – Yvan B.
08:00	09:00	Yoga Shiva Flow – Marco T.
08:30	09:30	Padel Intermedio – Yvan B.
09:30	10:30	Padel Base – Yvan B.
10:30	11:30	Padel Intermedio – Yvan B.
11:30	12:30	Padel Base – Yvan B.
18:00	19:00	Boxe – Ovidiu M.
18:00	19:00	Calcio a 5 Maschile – Davide B.
19:00	20:00	Boxe – Ovidiu M.

GIOVEDÌ

08:00	09:00	High Intensity Training – Lorenzo C.
17:00	18:00	Yoga Odaka – Annerose D.
17:00	18:00	Padel Base – Andrea M.
18:00	19:00	Padel Intermedio – Andrea M.
18:00	19:00	Functional Training – Davide B.
19:00	20:00	Padel Intermedio – Andrea M.
19:00	20:00	Salsa & Bachata Base – Isabella I.
19.00	20.00	Calcio a 5 Maschile – Davide B.
20:00	21:00	Padel Intermedio – Andrea M.
20:00	21:00	Salsa & Bachata Intermedio – Isabella I.
21:00	22:00	Padel Base – Andrea M.
21:00	22:00	Salsa & Bachata Avanzato – Isabella I.

VENERDÌ

17:00	18:00	Pallavolo – Camilla S.
18.00	19:00	Brazilian Jiu Jitsu – Alessandro N.
18:00	19:00	Pallavolo – Camilla S.
19:00	20:00	Pallavolo Avanzato – Camilla S.

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Masterclass Area | Outdoor | Arena | Padel