

GIURIATI Masterclass Schedule

dal 28/09/2026 al 06/06/2027 - from Sept 2026, 28th to Jun 2027, 6th

LUNEDÌ / MONDAY

08:00 **Yoga Vinyasa Krama**
09:00 SALA EMERALD - Silvia V.

12:00 **Volleyball**
13:00 ARENA - Matilde C.
12:00 **Weightlifting**
13:00 MASTERCLASS AREA - Anna B.
12:00 **Brazilian Jiu Jitsu SI GI**
13:00 SALA EMERALD - Alessandro N.
13:00 **Volleyball over 28**
14:00 ARENA - Matilde C.
13:00 **Functional Training**
14:00 MASTERCLASS AREA - Anna B.
13:00 **Brazilian Jiu Jitsu NO GI**
14:00 SALA EMERALD - Alessandro N.

16:00 **Mobility**
17:00 SALA EMERALD - Davide N.
17:00 **Yoga Vinyasa Krama**
18:00 SALA EMERALD - Davide N.
18:00 **Functional Training**
19:00 MASTERCLASS AREA - Anna B.
18:00 **Movement Flow**
19:00 SALA EMERALD - Davide N.
18:00 **Calisthenics**
19:00 GYM - Alessandro N.
19:00 **Weightlifting**
20:00 MASTERCLASS AREA - Anna B.
19:00 **Female 5-a side Football**
20:00 OUTDOOR - Lorenzo C.
19:00 **Brazilian Jiu Jitsu NO GI**
20:00 SALA EMERALD - Alessandro N.
20:00 **High Intensity Training**
21:00 MASTERCLASS AREA - Lorenzo C.
20:00 **Brazilian Jiu Jitsu NO GI**
21:00 SALA EMERALD - Alessandro N.
20:45 **High Heels Dance**
21:45 SALA AMBER - Andrea P.
21:00 **Functional Training**
22:00 MASTERCLASS AREA - Lorenzo C.

MARTEDÌ / TUESDAY

08:00 **Pilates Matwork**
09:00 SALA EMERALD - Marco T.
08:00 **Functional Training**
09:00 MASTERCLASS AREA - Elia B.

12:00 **Kick Boxing**
13:00 MASTERCLASS AREA - Christian B.
13:00 **Boxe**
14:00 MASTERCLASS AREA - Christian B.

16:00 **Volleyball**
17:00 ARENA - Matilde C.
17:00 **Kick Boxing**
18:00 MASTERCLASS AREA - Christian B.
17:00 **Volleyball**
18:00 ARENA - Matilde C.
18:00 **Yoga Vinyasa Krama**
19:00 SALA EMERALD - Vittoria G.
18:00 **Kick Boxing no contact - liv.2**
19:00 MASTERCLASS AREA - Christian B.
18:00 **Female Basketball**
19:00 ARENA - Sacha P.
18:00 **Calisthenics**
19:00 GYM - Michele Q.
19:00 **Pilates Matwork**
20:00 SALA EMERALD - Matilde C.
19:00 **Male 5-a side Football**
20:00 OUTDOOR - Davide B.
19:00 **Boxe**
20:00 MASTERCLASS AREA - Christian B.
19:00 **Male Basketball**
20:00 ARENA - Sacha P.
20:00 **Female 5-a side Football**
21:00 OUTDOOR - Davide B.
20:00 **Kick Boxing Advanced**
21:00 MASTERCLASS AREA - Christian B.
20:00 **Volleyball**
21:00 ARENA - Camilla S.
20:00 **Ultimate Frisbee**
21:00 OUTDOOR - Sacha P.
21:00 **Volleyball Advanced**
22:00 ARENA - Camilla S.

MERCOLEDÌ / WEDNESDAY

08:00 **Pilates Matwork**
09:00 SALA EMERALD - Marco T.

12:20 **Pilates Matwork**
13:15 SALA AMBER - Paolo P.
12:30 **Running Academy**
13:45 OUTDOOR - Andrea S.
13:00 **Functional Training**
14:00 MASTERCLASS AREA - Lorenzo C.
13:20 **Pilates Matwork**
14:15 SALA AMBER - Paolo P.

16:00 **Acrobatic**
18:00 ARENA - Umberto M.
17:00 **Functional Training**
18:00 MASTERCLASS AREA - Davide B.
17:00 **Running**
18:00 OUTDOOR - Andrea S.
18:00 **Yoga Vinyasa Krama**
19:00 SALA EMERALD - Silvia V.
18:00 **Male Basketball**
19:00 Andrea S.
18:00 **High Intensity Training**
19:00 MASTERCLASS AREA - Davide B.
19:00 **Yoga Vinyasa Krama**
20:00 SALA EMERALD - Silvia V.
19:00 **Functional Training**
20:00 MASTERCLASS AREA - Lorenzo C.
19:00 **Running**
20:00 OUTDOOR - Andrea S.
20:00 **Table Tennis**
21:00 ARENA - Christian R.
20:00 **High Intensity Training**
21:00 MASTERCLASS AREA - Elia B.
20:00 **Mobility**
21:00 SALA EMERALD - Francesca R.
21:00 **Table Tennis**
22:00 ARENA - Christian R.

GIOVEDÌ / THURSDAY

08:00 **High Intensity Training**
09:00 MASTERCLASS AREA - Lorenzo C.

12:00 **Boxe**
13:00 MASTERCLASS AREA - Christian B.
12:20 **Karate**
13:15 SALA EMERALD - Luca F.
13:00 **Kick Boxing**
14:00 MASTERCLASS AREA - Christian B.
13:20 **Tai Chi Advanced**
14:15 SALA EMERALD - Roberto G.

16:00 **Kick Boxing**
17:00 MASTERCLASS AREA - Christian B.
17:00 **Brazilian Jiu Jitsu NO GI**
18:00 SALA EMERALD - Alessandro N.
17:00 **Kick Boxing no contact - liv.2**
18:00 MASTERCLASS AREA - Christian B.
18:00 **Brazilian Jiu Jitsu SI GI**
19:00 SALA EMERALD - Alessandro N.
18:00 **Boxe**
19:00 MASTERCLASS AREA - Ovidiu M.
18:00 **Calisthenics**
19:00 GYM - Michele Q.
19:00 **Male 5-a side Football**
20:00 OUTDOOR - Davide B.
19:00 **Boxe**
20:00 MASTERCLASS AREA - Ovidiu M.
19:00 **Calisthenics**
20:00 GYM - Michele Q.
19:15 **Yoga Odaka**
20:15 SALA EMERALD - Annerose D.
20:00 **Male 5-a side Football**
21:00 OUTDOOR - Davide B.
20:00 **Kick Boxing Advanced**
21:00 MASTERCLASS AREA - Ovidiu M.

VENERDÌ / FRIDAY

12:00 **Table Tennis**
13:00 ARENA - Christian R.
12:20 **Flexible**
13:15 SALA AMBER - Veronica O.
12:20 **Self Defense**
13:15 SALA EMERALD - Luca F.
13:00 **Functional Training**
14:00 MASTERCLASS AREA - Lorenzo C.
13:00 **Table Tennis**
14:00 ARENA - Christian R.
13:20 **Postural Yoga**
14:15 SALA AMBER - Veronica O.

16:00 **Kick Boxing**
17:00 MASTERCLASS AREA - Riccardo G.
16:00 **Volleyball**
17:00 ARENA - Matilde C.
17:00 **Kick Boxing**
18:00 MASTERCLASS AREA - Riccardo G.
17:00 **Volleyball**
18:00 ARENA - Camilla S.
18:00 **High Heels Dance**
19:00 SALA AMBER - Andrea P.
18:00 **Jazzercise**
19:00 MASTERCLASS AREA - Paola M.
18:00 **Volleyball**
19:00 ARENA - Camilla S.
19:00 **Salsa & Bachata Base**
20:00 SALA AMBER - Isabella I. & Michael D.
19:00 **Volleyball**
20:00 ARENA - Camilla S.
20:00 **Salsa & Bachata Base**
21:00 SALA AMBER - Isabella I. & Michael D.
20:00 **Volleyball Advanced**
21:00 ARENA - Camilla S.
21:00 **Salsa & Bachata intermedio**
22:00 SALA AMBER - Isabella I. & Michael D.
21:00 **Volleyball Advanced**
22:00 ARENA - Camilla S.

SABATO / SATURDAY

11:00 **Sambo Combat**
12:00 SALA EMERALD - Olsi K.

Masterclass Area

Sala Amber - Fit Center

Arena

Sala Emerald - Fit Center

Outdoor

Gym

www.sport.polimi.it

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BOVISA Masterclass Schedule

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LUNEDÌ / MONDAY	MARTEDÌ / TUESDAY	MERCOLEDÌ / WEDNESDAY	GIOVEDÌ / THURSDAY	VENERDÌ / FRIDAY
	08.00 09.00 Yoga Vinyasa Krama Vittoria G.		08.00 09.00 Yoga Vinyasa Krama Vittoria G.	
13.00 14.00 Pilates Marco T.	12.00 13.00 Kick Boxing Alessandro N. 13.00 14.00 Brazilian Jiu Jitsu Alessandro N.	12.00 13.00 Functional Training Maddalena S. 13.00 14.00 Pilates Maddalena S.		
15.00 16.00 Padel Base Stefano C. 16.00 17.00 Padel Intermedio Stefano C. 17.00 18.00 Padel Intermedio 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 Intermedio Stefano C.	16.00 17.00 Kick Boxing Alessandro N. 17.00 18.00 Kick Boxing Alessandro N. 18.00 19.00 Kick Boxing Alessandro N. 19.00 20.00 Brazilian Jiu Jitsu Alessandro N.	17.00 18.00 Functional Training Anna M. 18.00 19.00 Functional Training Anna M. 18.00 19.00 Calcio a 5 femminile Francesca C. 18.30 19.30 Calisthenics Michele Q. 19.00 20.00 Calcio a 5 maschile Francesca C.	15.00 16.00 Padel Base Stefano C. 16.00 17.00 Padel Intemedio 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 Intermedio Stefano C. 19.00 20.00 Pilates Marco T. 19.00 20.00 Padel Base Stefano C.	18.00 19.00 Kung Fu Luca N.

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B20 Building

Gasometri Park

Le masterclass di Calcio a 5, Calisthenics e Padel si svolgono presso il **Parco dei Gasometri** / *Futsal, Calisthenics, and Padel masterclasses take place at Parco dei Gasometri.*
Tutte le altre lezioni hanno luogo al piano terra dell'edificio **B20** del Campus di **Bovisa La Masa** / *all other classes are held on the ground floor of building B20 at the Bovisa La Masa Campus .*
È possibile usufruire degli **spogliatoi** presso il Parco dei Gasometri e/o di quelli di fronte al B20 / *changing rooms are available at Parco dei Gasometri and/or opposite Building B20 .*