

GIURIATI Masterclass Schedule

DAL 23/09/2024 AL 08/06/2025

LUNEDÌ

12:00	Weightlifting Angelo S.
12:20	Tai Chi Roberto G.
13:15	Functional Training Angelo S.

16:00	Padel Intermedio Yvan B.
17:00	Functional Training Angelo S.
18:00	Padel Base Yvan B.
18:00	Padel Intermedio Yvan B.
19:00	Yoga Odaka Teresa P.
18:00	Calcio a 5 Femminile Alessandro F.
19:00	Yoga Vinyasa Krama Teresa P.
20:00	Padel Intermedio Yvan B.
19:00	Ultimate Frisbee Sacha P.
19:00	Calcio a 5 Femminile Lorenzo C.
19:30	Calisthenics Riccardo Z.
20:00	Padel Base Yvan B.
21:00	Padel Intermedio Yvan B.
20:00	High Intensity Training Lorenzo C.

MARTEDÌ

08:00	Pilates Marco T.
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10:30	Padel Base Stefano C.
11:30	Padel Intermedio Stefano C.
13:30	Boogie - Intermedio Alice & William
12:30	Padel Base Stefano C.
13:30	Brazilian Jiu Jitsu Andrija M.
13:00	Brazilian Jiu Jitsu Andrija M.
14:00	Padel Base Stefano C.

16:00	Kick Boxing Christian B.
17:00	Kick Boxing Christian B.
18:00	Kick Boxing Christian B.
18:00	Pallacanestro Maschile Alessandro S.
19:00	Calcio a 5 Maschile Davide B.
20:00	Kick Boxing Christian B.
19:00	Pallacanestro Femminile Alessandro S.
20:00	Pallacanestro Maschile Elia B.
20:00	Kick Boxing Avanzato Christian B.
21:00	Pallacanestro Maschile Elia B.

MERCOLEDÌ

07:30	Padel Intermedio Yvan B.
08:30	Yoga Shiva Flow Marco T.
09:00	Padel Intermedio Yvan B.
08:30	Padel Base Yvan B.
09:30	Padel Intermedio Yvan B.
10:30	Padel Base Yvan B.
11:30	Padel Base Yvan B.

16:00	Cheerleading Umberto M.
18:00	Kick Boxing Alessandro N.
16:00	Boxe Alessandro N.
17:00	Boxe Ovidiu M.
18:00	Running Alessandro F.
18:00	Calcio a 5 Maschile Davide B.
19:00	Boxe Ovidiu M.
18:00	Calcio a 5 Maschile Davide B.
19:00	Functional Training Elia B.

GIOVEDÌ

08:00	High Intensity Training Lorenzo C.
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12:00	Kick Boxing Christian B.
13:00	Kick Boxing Christian B.
14:00	Karate Luca F.

16:00	Padel Base Andrea M.
17:00	Yoga Vinyasa Krama Teresa P.
16:00	Yoga Odaka Teresa P.
17:00	Padel Base Andrea M.
18:00	Padel Intermedio Andrea M.
17:00	Functional Training Davide B.
18:00	Running Alessandro F.
18:30	Padel Intermedio Andrea M.
19:00	Calisthenics Riccardo Z.
19:00	Salsa & Bachata Base Isabella I.
20:00	Calcio a 5 Femminile Alessandro F.
20:00	Padel Intermedio Andrea M.
21:00	Calisthenics Riccardo Z.
20:00	Salsa & Bachata Base Isabella I.
21:00	Padel Base Andrea M.
22:00	Salsa & Bachata Intermedio Isabella I.

VENERDÌ

13:00	Functional Training Lorenzo C.
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17:00	Emotion in Motion Cecilia C.
18:00	Pallavolo Camilla S.
17:00	Pallavolo Camilla S.
18:00	Jazzercise Paola M.
18:00	Brazilian Jiu Jitsu Andrija M.
19:00	Pallavolo Camilla S.
19:00	Pallavolo Avanzato Camilla S.
20:00	Brazilian Jiu Jitsu Andrija M.
20:15	Pallavolo Avanzato Camilla S.

SABATO

12:00	Functional Training Arian K.
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