

HI PRO - STAGE

	<i>GIOVEDI</i>	<i>VENERDI</i>	<i>SABATO</i>	<i>DOMENICA</i>
9:40 10.20	<i>RiminiWellness Active</i>	<i>RiminiWellness Active</i>	<u>BODYATTACK</u>	<u>GRIT CARDIO</u>
10.20 11.00	MOBILITY BY CROSS CARDIO	<u>BODYCOMBAT</u>	EXTREME TRAINING	<u>BODYATTACK</u>
11.00 11.40	Body Butterfly	<u>BODYATTACK</u>	CROSS CARDIO Ring MMA	<i>Libertas</i>
11.40 12.20	EXTREME TRAINING	<i>Libertas</i>	EXTREME TRAINING	<u>BODYCOMBAT</u>
12.20 13.00	CROSS CARDIO Amrap Penalty	<i>RiminiWellness Active</i>	<u>GRIT CARDIO</u>	EXTREME TRAINING
13.00 13.40	<i>Libertas</i>	EXTREME TRAINING	<u>BODYCOMBAT</u>	<i>Goup Boxing Sparring</i>
13.40 14.20	EXTREME TRAINING	<u>GRIT CARDIO</u>	Pound	CROSS CARDIO Ring Olimpic
14.20 15.00	GroupBoxing Sparring	EXTREME TRAINING	EXTREME TRAINING	EXTREME TRAINING
15.00 15.40	EXTREME TRAINING	<u>LES MILLS CORE</u>	<u>LES MILLS TONE</u>	CROSS CARDIO EMOM
15.40 16.20	BLOR FUNCTIONAL TRAINING	CROSS CARDIO Ring Olimpic	<i>Goup Boxing Sparring</i>	EXTREME TRAINING
16.20 17.00	<i>Cross Cardio for time Castigation</i>	<u>BODYBALANCE 100</u>	<u>LES MILLS CORE</u>	BLOR FUNCTIONAL BODY WEIGHT
17.00 17:40	<i>Mobility by CROSS CARDIO</i>	EXTREME TRAINING	<u>LES MILLS DANCE</u>	EXTREME TRAINING
17.40 18.20	CROSS CARDIO Ring MMA	<i>Glam Dance</i>	<i>glam dance</i>	<i>libertas</i>
18.20 19.00	Extreme Training	Group Postural	<i>libertas</i>	