

# GRANAROLO - STAGE C5

ORARIO	GIOVEDÌ 30	VENERDÌ 31	SABATO 01	DOMENICA 02
9:40 - 10:20	REGAETTON FITNESS	YOGA FLOW	DANCE WORKOUT REVOLUTION	MOBILITY SYSTEM
10:20 - 11:00	CROSS CARDIO TIME TRIPLETE	LES MILLS BODYATTACK	MASALA BHANGRA	META FIT
11:00 - 11:40	BALLA E BRUCIA	POWERBOUND	CROSS CARDIO ACTIVE TABATA	POWERBOUND
11:40 - 12:20	LATIN DANCE	LUCA ANZANO	GLAM DANCE	NICOLÒ FAMIGLIETTI
12:20 - 13:00	CROSS CARDIO TIME	GLAM DANCE	LES MILLS DANCE	DYNAMIC MOVEMENT
13:00 - 13:40	POUND	POUND	LES MILLS BODYATTACK	LUCA ANZANO
13:40 - 14:20	POWERBOUND	FUNCTIONAL BODYWEIGHT	DYNAMIC MOVEMENT	JAMA FIT
14:20 - 15:00	SHAKA DANCE	META FIT	AERODANCE	LUCA ANZANO
15:00 - 15:40	META FIT	LES MILLS DANCE	SHAKA DANCE	POUND
15:40 - 16:20	LISA ALBORGHETTI	FUNCTIONAL BODYWEIGHT	META FIT	POWERBOUND
16:20 - 17:00	LUCA ANZANO	CROSS CARDIO RING OLIMPIC	POUND	AEREODINAMIC
17:00 - 17:40	FUNCTIONAL	BALLA & BRUCIA	LUCA ANZANO	FUNCTION STEP
17:40 - 18:20	GLAM DANCE	LISA ALBORGHETTI	STEFANIA SUGARFREE	REGGAETTON
18:20 - 19:00	FUNCTIONAL	LATIN DANCE	AERODANCE	