

# HiPRO - STAGE C3

ORARIO	GIOVEDÌ 30	VENERDÌ 31	SABATO 01	DOMENICA 02
9:40 - 10:20	MOBILITY DINAMIC	CROSS CARDIO AMRAP PENALTY	CROOS CARDIO LADDER TIME	CROSS CARDIO AMRAP PENALTY
10:20 - 11:00	ISSA	ISSA	ISSA	POWERBOUND
11:00 - 11:40	POWERBOUND	POUND	META FIT	GLAM DANCE LATIN
11:40 - 12:20	META FIT	META FIT	POWERBOUND	META FIT
12:20 - 13:00	MOBILITY DINAMIC	LES MILLS BODYCOMBAT	ABS & BOOTY WORKOUT by Extreme Training®	POUND
13:00 - 13:40	BALLA E BRUCIA	POWERBOUND	POUND	META FIT
13:40 - 14:20	INNER WARRIORS	CROSS CARDIO EMOM	CROSS CARDIO ACTIVE TABATA	ISSA
14:20 - 15:00	CROSS CARDIO RING MMA	POWERBOUND	META FIT	POWERBOUND
15:00 - 15:40	POWERBOUND	ABS & BOOTY WORKOUT by Extreme Training®	POUND	GLAM DANCE
15:40 - 16:20	POUND	META FIT	LES MILLS BODYCOMBAT	ISSA
16:20 - 17:00	META FIT	POUND	POWERBOUND	CROSS CARDIO FOR TIME PENALTY
17:00 - 17:40	POWERBOUND	REGGAETON FITNESS	FITNESS REGGAETTON	POWERBOUND
17:40 - 18:20	ISSA	ISSA	ISSA	SHAKA DANCE
18:20 - 19:00	LATIN VIBES	JAZZERCISE	REEJAM	