

PALINSESTO				
	GIOVEDÌ 29/05	VENERDÌ 30/05	SABATO 31/05	DOMENICA 01/06
09.40-10.30	Cross Cardio Amrap	Mobility	Elena Giordani - Total Body CardioPower by MYPT	Silvia Fascians - Pilates Workout by MYPT
10:30-11.20	Mobility	Nicolò Famiglietti - Cardio Tone by MYPT	Cross Cardio Tabata	Cross Cardio Time Triplet
11.20-12.10	Cross Cardio Time Couple	Cross Cardio Emom 2 New	Elena Giordani - Total Body CardioPower by MYPT	Cross Cardio Active Emom
12.10-13.00	Mobility	Cross Cardio for Time Castigation	Cross Cardio Xyears Celebration	Tamara Tanzilli - Mobilità Posturale by MYPT
13.00-13:50	Cross Cardio Time Triplet	Giorgio Pallikullen - HIIT of Balance – Fire. Air. Earth by MYPT	Cross Cardio Amrap *penalty	Cross Cardio Amrap
13:50-14.40	Tamara Tanzilli - Mobilità Posturale by MYPT	Cross Cardio Ring Olympic	Nicolò Famiglietti - Aero Tone by MYPT	Mobility
14.40-15:30	Cross Cardio For Time	Cross Cardio Tabata	Cross Cardio Ladder Time	Cross Cardio Emom 2 New
15.30-16.20	Mobility	Tamara Tanzilli - Mobilità Posturale by MYPT	Cross Cardio Ring MMA	Cross Cardio Time
16:20 - 17:10	Cross Cardio Emom	Cross Cardio AMRAP	Mobility	Cross Cardio Special Wod
17.10-18.00	Silvia Fascians - Pilates Workout by MYPT	Mobility	Cross Cardio Special wod	Cross Cardio Alternating Emom
18.00-18.50	Mobility	Giorgio Pallikullen - Pilates Ignite – Power. Control. Flow. by MYPT	Mobility	Mobility