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	GIOVEDÌ 29/05	Presenter	VENERDÌ 30/05	Presenter	SABATO 31/05	Presenter	DOMENICA 1/06	Presenter
09.40 - 10.30	Cross Cardio Amrap	TEAM CROSS CARDIO	Mobility	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Mypersonal Trainer	Team MypersonalTrainer
10.30 - 11.20	Mypersonal Trainer	Team MypersonalTrainer	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio ACTIVE Tabata	TEAM CROSS CARDIO	Cross Cardio Triplet	TEAM CROSS CARDIO
11.20 - 12.10	Cross Cardio Time Couple	TEAM CROSS CARDIO	Cross Cardio Tabata	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio Active Emom	TEAM CROSS CARDIO
12.10 - 13.00	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio For Time Castigation	TEAM CROSS CARDIO	X YEARS CELEBRATION	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer
13.00 - 13.50	Cross Cardio Time Triplet	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio Amrap *penalty	TEAM CROSS CARDIO	Cross Cardio AMRAP	TEAM CROSS CARDIO
13.50 - 14.40	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio Ring Olympic	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Mypersonal Trainer	Team MypersonalTrainer
14.40 - 15.30	Mobility	TEAM CROSS CARDIO	Cross Cardio Combat NEW	TEAM CROSS CARDIO	Cross Cardio Ladder Time	TEAM CROSS CARDIO	Cross Cardio Emom 2 NEW	TEAM CROSS CARDIO
15.30 - 16.20	Cross Cardio For Time	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio Ring MMA	TEAM CROSS CARDIO	Cross Cardio Time	TEAM CROSS CARDIO
16.20 - 17.10	Cross Cardio Emom	TEAM CROSS CARDIO	Cross Cardio Emom 2 NEW	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Cross Cardio Special WOD	TEAM CROSS CARDIO
17.10 - 18.00	Mypersonal Trainer	Team MypersonalTrainer	Mobility	TEAM CROSS CARDIO	Cross Cardio Special WOD	TEAM CROSS CARDIO	Cross Cardio Alternating Emom	TEAM CROSS CARDIO
18.00 - 18.50	Mobility	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	X YEARS CELEBRATION	TEAM CROSS CARDIO	Mobility	TEAM CROSS CARDIO

PARTNERS CROSS CARDIO

