



**mypersonal
Trainer**

&



CROSS CARDIO

— 10 YEARS —

TRANSFORMING PEOPLE'S LIVES

	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	M BILITY - CROSS CARDIO	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 EMOM 2 NEW	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	CROSS CARDIO 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 OLIMPIC	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	Mypersonal Trainer	Team MypersonalTrainer
14.40 - 15.30	M BILITY - CROSS CARDIO	TEAM CROSS CARDIO	CROSS CARDIO TABATA	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 AMRAP	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	CROSS CARDIO SPECIAL WOD	TEAM CROSS CARDIO
17.10 - 18.00	Mypersonal Trainer	Team MypersonalTrainer	M BILITY - CROSS CARDIO	TEAM CROSS CARDIO	CROSS CARDIO SPECIAL WOD	TEAM CROSS CARDIO	CROSS CARDIO ALTERNATING EMOM	TEAM CROSS CARDIO
18.00 - 18.50	M BILITY - CROSS CARDIO	TEAM CROSS CARDIO	Mypersonal Trainer	Team MypersonalTrainer	CROSS CARDIO CELEBRATION	TEAM CROSS CARDIO	M BILITY - CROSS CARDIO	TEAM CROSS CARDIO

PARTNERS CROSS CARDIO



R-EVENGE

