

# WINTERPARK ALTA INTENSITÀ

BERGAMO  
WINTER  
PARK

	SABATO	DOMENICA	LUNEDÌ
11:00	<b>MOBILITY RELAX</b> Team Cross Cardio	<b>FUNXTIONAL BODY BUILDING</b> Team Cross Cardio	<b>MOBILITY RELAX</b> Team Cross Cardio
12:00	<b>CROSS CARDIO AMRAP</b> Team Cross Cardio	<b>CROSS CARDIO LADDER TIME</b> Team Cross Cardio	<b>CROSS CARDIO TIME TRIPLET</b> Team Cross Cardio
13:00	<b>MOBILITY DYNAMIC</b> Team Cross Cardio	<b>MOBILITY SYSTEM</b> Team Cross Cardio	<b>OUTDOOR COACH</b> Team Cross Cardio
14:00	<b>CROSS CARDIO FOR TIME CASTIGATION</b> Team Cross Cardio	<b>CROSS CARDIO AMRAP PENALTY</b> Team Cross Cardio	<b>MOBILITY RELAX</b> Team Cross Cardio
15:00	<b>OUTDOOR COACH</b> Team Cross Cardio	<b>CROSS CARDIO FITNESS FASHION</b> Team Cross Cardio	<b>FUNXTIONAL BODY BUILDING</b> Team Cross Cardio
16:00	<b>FUNXTIONAL BODY BUILDING</b> Team Cross Cardio	<b>OUTDOOR COACH</b> Team Cross Cardio	<b>MOBILITY RELAX</b> Team Cross Cardio
17:00	<b>CROSS CARDIO TABATA</b> Team Cross Cardio	<b>CROSS CARDIO CELEBRATION</b> Team Cross Cardio	<b>CROSS CARDIO EMOM 2 NEW</b> Team Cross Cardio
18:00	<b>MOBILITY EXPERIENCE</b> Team Cross Cardio	<b>MOBILITY CELEBRATION</b> Team Cross Cardio	<b>MOBILITY EXPERIENCE</b> Team Cross Cardio