

# PLANNING

## GIOVEDÌ 1 GIUGNO

ORARI	HIPRO STAGE (PAD G3)	PALCO STAND LES MILLS (PAD G1)
14:00 - 14:15		DEMO E CHALLENGE STRENGTH DEVELOPMENT
15:15 - 15:30		DEMO E CHALLENGE STRENGTH DEVELOPMENT
16:30 - 16:45		DEMO E CHALLENGE STRENGTH DEVELOPMENT
17:45 - 18:00		DEMO E CHALLENGE STRENGTH DEVELOPMENT

## VENERDÌ 2 GIUGNO

09:40 - 09:55		DEMO E CHALLENGE   LESMILLS BODYCOMBAT
10:20 - 11:00	LES MILLS BODYCOMBAT	
10:30 - 10:45		DEMO E CHALLENGE   LESMILLS BODYATTACK
11:00 - 11:40	LES MILLS BODYATTACK	
12:00 - 12:15		DEMO E CHALLENGE STRENGTH DEVELOPMENT
12:30 - 12:45		DEMO E CHALLENGE   LESMILLS BODYPUMP
13:40 - 14:20	LES MILLS GRIT   CARDIO	
14:30 - 14:45		DEMO E CHALLENGE   LESMILLS CORE
15:00 - 15:40	LES MILLS CORE	
15:50 - 16:05		DEMO E CHALLENGE   LESMILLS BODYPUMP
16:20 - 17:00	LES MILLS BODYBALANCE	
17:30 - 17:45		DEMO E CHALLENGE STRENGTH DEVELOPMENT

## SABATO 3 GIUGNO

ORARI	HIPRO STAGE (PAD G3)	PALCO STAND LES MILLS (PAD G1)
09:40 - 10:20	LES MILLS BODYATTACK	
10:45 - 11:00		DEMO E CHALLENGE STRENGTH DEVELOPMENT
11:45 - 12:00		DEMO E CHALLENGE   LESMILLS BODYCOMBAT
12:20 - 12:35		DEMO E CHALLENGE   LESMILLS BODYPUMP
12:20 - 13:00	LES MILLS GRIT   CARDIO	
13:00 - 13:40	LES MILLS BODYCOMBAT	
14:00 - 14:15		DEMO E CHALLENGE STRENGTH DEVELOPMENT
14:30 - 14:45		DEMO E CHALLENGE   LESMILLS BODYPUMP
15:00 - 15:40	LES MILLS tone	
15:45 - 16:00		DEMO E CHALLENGE   LESMILLS CORE
16:20 - 17:00	LES MILLS CORE	
16:30 - 16:45		DEMO E CHALLENGE   LESMILLS BODYJAM SH'BAM
17:00 - 17:40	LES MILLS BODYJAM   LESMILLS SH'BAM	
17:30 - 17:45		DEMO E CHALLENGE STRENGTH DEVELOPMENT

## DOMENICA 4 GIUGNO

09:40 - 09:55		DEMO E CHALLENGE   LESMILLS BODYATTACK
09:40 - 10:20	LES MILLS GRIT   CARDIO	
10:20 - 11:00	LES MILLS BODYATTACK	
11:15 - 11:30		DEMO E CHALLENGE   LESMILLS BODYCOMBAT
11:40 - 12:20	LES MILLS BODYCOMBAT	
13:00 - 13:15		DEMO E CHALLENGE   LESMILLS BODYPUMP

