



GRADE HORÁRIA

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
07:00	CROSSFIT	BOOTCAMP	CROSSFIT	BOOTCAMP	CROSSFIT	
08:00	CROSSFIT		CROSSFIT		CROSSFIT	
09:00		BOOTCAMP		BOOTCAMP		
10:30						CROSSFIT
12:15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
18:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
18:30		*FUNDAMENTAL		*FUNDAMENTAL		
19:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
19:30	*FUNDAMENTAL	*EXPERIMENTAL	*FUNDAMENTAL	*EXPERIMENTAL	*FUNDAMENTAL	
19:30	*EXPERIMENTAL		*EXPERIMENTAL		*EXPERIMENTAL	

*AULAS AGENDADAS



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