



CROSSFIT
HYROX

CAMPO BELO

GRADE DE AULAS

HORA	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABADO	
6:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	8:00	CROSSFIT
7:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	9:00	CROSSFIT
8:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	10:00	CROSSFIT
12:30	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	DOMINGO	
17:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	8:00	HYROX
18:00	CROSSFIT	GINASTICOS	HYROX	CROSSFIT	LPO	9:30	HYROX
19:00	LPO	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	AULAS 50+	
20:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT		9:30	SEG/QUA/SEX

LPO: LEVANTAMENTO DE PESO OLÍMPICO.



Clique aqui e fale
Conosco!

(11) 5531-4813 | (11) 97436-6893 



CrossFit Campo Belo
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