



GRADE DE HORÁRIOS

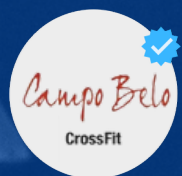
HORA	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
6:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	9:00 CROSSFIT
7:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	10:00 CROSSFIT
8:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	11:00 CROSSFIT
12:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	DOMINGO
17:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	LPO	9:00 CROSSFIT
18:00	CROSSFIT	GINÁSTICOS	CROSSFIT	CROSSFIT	CROSSFIT	10:30 CROSSFIT
19:00	LPO	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	AULAS SENIORS
20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		9:30 TER/QUI

LPO: LEVANTAMENTO DE PESO OLÍMPICO.



Clique aqui e fale
Conosco!

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