



GRADE DE HORARIOS

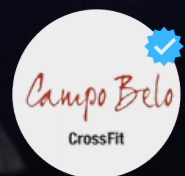
HORA	SEGUNDA	TERCA	QUARTA	QUINTA	SEXTA	SABADO
6:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	9:00 CROSSFIT
7:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	10:00 CROSSFIT
8:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	11:00 CROSSFIT
12:30	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	DOMINGO
17:00	CROSSFIT	CROSSFIT	HYROX	CROSSFIT	CROSSFIT	9:00 HYROX
18:00	CROSSFIT	GINASTICOS	HYROX	CROSSFIT	LPO	10:30 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!

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