



GRADE HORÁRIA

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:00	CROSSFIT	LPO	CROSSFIT	CROSSFIT	CROSSFIT	
07:00	CROSSFIT	BOOTCAMP	CROSSFIT	BOOTCAMP	CROSSFIT	
08:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
09:00		BOOTCAMP		BOOTCAMP		BOOTCAMP
10:00						CROSSFIT
11:00						
12:15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
17:30	BOOTCAMP					
18:30	CROSSFIT	CROSSFIT	CROSSFIT	BOOTCAMP	CROSSFIT	
19:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
20:30	BOOTCAMP					



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