



(11) 94700-2160



131crossfit

Consultora (o):



(11)4308-4955



@131crossfit

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
05h30	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
06h30	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
07h30	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
8h00						Crossfit
09h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	LPO/Endurance/ Ginastica/
10h00						Crossfit
12h00	Crossfit	Crossfit	Crossfit	Crossfit		
15h00				Flow		
16h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
17h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
18h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
19h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
20h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	



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