



(11) 94700-2160



131crossfit

Consultora (o):



(11)4308-4955



@131crossfit

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
06h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
07h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
08h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit
09h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	LPO/Endurance/ Ginastica/
10h00						Crossfit
11h00		Master		Master		
16h00		Flow				
17h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
18h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
19h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
20h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	



(11) 94700-2160



131crossfit

Consultora (o):



(11)4308-4955



@131crossfit

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
06h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
07h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
08h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit
09h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	LPO/Endurance/ Ginastica/
10h00						Crossfit
11h00		Master		Master		
16h00		Flow				
17h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
18h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
19h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
20h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	



(11) 94700-2160



131crossfit

Consultora (o):



(11)4308-4955



@131crossfit

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
06h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
07h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
08h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit
09h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	LPO/Endurance/ Ginastica/
10h00						Crossfit
11h00		Master		Master		
16h00		Flow				
17h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
18h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
19h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
20h00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	

