

Horário

PROVE IT

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:15	CROSS TRAINING 60'		CROSS TRAINING 60'		CROSS TRAINING 60'	
9:00	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	OPEN BOX 60'
10:00	OPEN BOX 120'	OPEN BOX 120'	OPEN BOX 120'	OPEN BOX 120'	OPEN BOX 120'	CROSS TRAINING 60'
12:00	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	
15:30	OPEN BOX 60'	OPEN BOX 60'	OPEN BOX 60'	OPEN BOX 60'	OPEN BOX 60'	OPEN BOX 60'
16:30	CROSS TRAINING 60'		CROSS TRAINING 60'		CROSS TRAINING 60'	
17:00						OPEN BOX 60'
17:45	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	
18:00						CROSS TRAINING 60'
19:00	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	
20:15	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	CROSS TRAINING 60'	