


MAPA DE TREINOS JUNHO



SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
  	  	  	  	  	  
	07H00 CROSS TRAINING 50'			07H00 CROSS TRAINING 60'	
	9H30 CROSS TRAINING 45'		9H30 CROSS TRAINING 45'		
10H30 BOXE 60'		10H30 BARRE DOUBLE WORKOUT 45'		10H30 FLOW 45'	10H30 CROSS TRAINING 60'
12H00 PILATES EQUIPAMENTOS 45'					
12H45 CROSS TRAINING 50'	12H45 CROSS TRAINING 60'	12H45 HYROX 50'	12H45 CROSS TRAINING 60'	12H45 CROSS TRAINING 50'	
				17H30 PILATES 45'	
18H30 CROSS TRAINING 60'	18H30 BOXE 60'	18H30 HYROX 60'	18H30 BOXE 60'	18H30 CROSS TRAINING 60'	
19H35 FLOW 45'	19H35 CROSS TRAINING 60'	19H35 FLOW 45'	19H35 CROSS TRAINING 50'		

7H00 - 18H30 OPEN BOX



ESTRADA DE MOSCAVIDE 8D 1800 - 029 PARQUE DAS NAÇÕES



935 810 753



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