



SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABADO
07H00 WOD 60' OPEN STUDIO 12H45 WOD 60' OPEN STUDIO 18H30 WOD 60' 19H35 FLOW 45'	09H30 MISS WOD 50' OPEN STUDIO 18H30 BOXING 60" 19h35 WOD 60'	07H00 WOD 60' OPEN STUDIO 12H45 WOD 60' OPEN STUDIO 18H30 WOD 60' 19H35 FLOW 45'	09h30 MISS WOD 50' OPEN STUDIO 12H45 WOD 60' OPEN STUDIO 18H30 BOXING 60' 19h35 PILATES 50'	07H00 WOD 60' OPEN STUDIO 10H30 PILATES 50' 12H45 WOD 60' OPEN STUDIO 17H00 WOD 60'	10H00 WOD 60'

