









# 100% TIGERBOX

Hora	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
7:00	7:15 - 8:00 	Open Box	7:15 - 8:00 	Open box	7:15 - 8:00 		
9:00	Open box	Open box	Open box	Open box	Open box	Open box	9:15 - 10:00 
10:00	Open box	10:15 - 11:00 	Open box	10:15 - 11:00 	Open box	10:00 - 11:00 METCON	10:15 - 11:00 
11:00	Open box	Open box	Open box	Open box	Open box	11:15 - 12:00 <b>CROSS KIDS</b>	
13:00	12: 45 - 13:30 	Open box	12: 45 - 13:30 	Open Box	12: 45 - 13:30 		
18:00	18:00 - 18:45 	18:00 - 18:45 	18:00 - 18:45 	18:00 - 18:45 	18:00 - 18:45 		
19:00	19:05 - 19:50 	19:05 - 19:50 	19:05 - 19:50 	19:05 - 19:50 	19:05 - 19:50 		
			19:00 - 19:45 <b>CROSS KIDS</b>				
20:00	20:10 - 20:55 	20:10 - 20:55 	20:10 - 20:55 	20:10 - 20:55 	20:10 - 20:55 		