

























# 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 		
10:00	Open box	10:15-11:15 	Open box	10:15-11:15 	Open box	10:15 – 11:45 <b>METCON</b>	10:30 – 12:00 <b>MEGA</b> 
12:00	Open box	Open box	Open box	Open box	Open box	12:00 – 12:45 <b>CROSS KIDS</b>	
13:00	13:00 	Open box	13:00 	Open box	13:00 	Open box	
17:00		17:45 – 18:45 		17:45 – 18:45 	17:00 – 18:00 		
18:00	18:00 – 19:00 		18:00 – 19:00 	19:00 -19:20 <b>MOBILIDADE</b>	18:00 – 19:00		
19:00	19:00 -19:20 <b>MOBILIDADE</b>	19:00 – 20:00 	19:00 – 19:45 <b>CROSS KIDS</b>	19:30 -20:30 <b>GINASTICA</b>	19:00 – 20:00 		
19:00	19:30-20:30 		19:00 – 20:00 				
20:00	20:30 – 21:30 	20:00-21:30 	20:00-21:00 	20:30-21:30 	20:00-21:00 