


CROSSTRAINING WOD'S AGOSTO '18

HORA	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABADO	DOMINGO
7:00	7:15-8:15 	OPEN BOX	7:15-8:15 	OPEN BOX	7:15-8:15 		
10:00	OPEN BOX	10:15-11:15 	OPEN BOX	10:15-11:15 	OPEN BOX	10:15-11:45 	10:30-12:00 
12:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	12:00-12:45 	
13:00	FAST & FURIOUS	OPEN BOX	FAST & FURIOUS	OPEN BOX	FAST & FURIOUS	12:00-13:00 	
16:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		
17:00	17:45-18:45 	17:45-18:45 	17:45-18:45 	17:45-18:45 	17:45-18:45 		
19:00	19:00 			19:00 			
19:00	19:30-20:30 	19:30-20:30 	19:00-20:00 	19:30-20:30 	19:30-20:30 		
20:00	20:30-21:15 	20:30-21:15 	20:00-21:00 	20:30-21:15 	20:30-21:30 		
21:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			

NOTA: OPEN BOX — A BOX ENCONTRA-SE ABERTA MAS SEM INSTRUTOR