

COURSE SCHEDULES

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10h - 12h	Open box	Open box	Open box	Open box	Open box	9h - 10h Open Box	9h - 11h Open Box
12h - 13h	Cross Training	Open box	Cross Training	Open box	Cross Training	10h - 11h Team WOD	10h - 11h Open Box
13h - 16h30	Closed	Closed	Closed	Closed	Closed	11h - 12h Open Box	11h - 12h Open Box
16h30 - 18h30	Open box	Open box	Open box	Open box	Open box		
18h30 - 19h30	Cross Training	Cross Training	HIIT	Body Weigth	Cross Training		
19h30 - 20h30	HIIT	Cross Training	Cross Training	Cross Training			