

	MA	DI	WO	DO	VR	ZA	ZO
07:00 - 08:00	HPT (12 pers) Joao		HPT (12 pers) Joao	Strength (12 pers) PUSH	FLB (12 pers) Joao		
08:00 - 09:00	PUSH open gym	PUSH open gym	PUSH open gym	PUSH open gym	PUSH open gym		
09:00 - 10:00	HPT (12 pers) Joao	Strength (12 pers) Joao	HPT (12 pers) Joao		FLB (12 pers) Joao	HPT (12 pers) Vivian	HPT (12 pers) Sebastian
10:15 - 11:15	PUSH open gym		PUSH open gym		PUSH open gym		
13:00 - 14:00							
15:00 - 16:00							
16:00 - 17:00							
18:30 - 19:30			HPT (12 pers) Joao		FLB (12 pers) Joao		
19:00 - 20:00	HPT (12 pers) Joao	Strength (12 pers) Rafael		Kickbox (12 pers) Sebastian			

Lessen

- PUSH high performance training
- PUSH strength training
PUSH kickbox
- PUSH friday leader board
- PUSH open gym

