







2ª FEIRA Monday	3ª FEIRA Tuesday	4ª FEIRA Wednesday	5ª FEIRA Thursday	6ª FEIRA Friday	SÁBADO Saturday	DOMINGO Sunday
06:30 CF EXPRESS 30' CF Box	06:30 CF EXPRESS 30' CF Box	06:30 CF EXPRESS 30' CF Box	06:30 CF EXPRESS 30' CF Box	06:30 CF EXPRESS 30' CF Box	09:00 CF KIDS 30' CF Box	
07:00 CF CLASS 60' CF Box	07:00 CF CLASS 60' CF Box	07:00 CF CLASS 60' CF Box	07:00 CF CLASS 60' CF Box	07:00 CF CLASS 60' CF Box	09:30 CF TEENS 60' CF Box	
08:00 CF CLASS 60' CF Box	08:00 OPEN BOX 60' CF Box	08:00 CF CLASS 60' CF Box	08:00 OPEN BOX 60' CF Box	08:00 CF CLASS 60' CF Box	10:30 CF CLASS 60' CF Box	
11:00 CF CLASS 60' CF Box	11:00 CF CLASS 60' CF Box	11:00 CF CLASS 60' CF Box	11:00 CF CLASS 60' CF Box	11:00 CF CLASS 60' CF Box	11:30 CF CLASS 60' CF Box	
12:00 CF CLASS 60' CF Box	12:00 WL / STRENGTH 45' CF Box	12:00 CF CLASS 60' CF Box	12:00 WL / STRENGTH 45' CF Box	12:00 CF CLASS 60' CF Box	12:30 CF EXPRESS 30' CF Box	
13:00 CF CLASS 60' CF Box	13:00 CF CLASS 60' CF Box	13:00 CF CLASS 60' CF Box	13:00 CF CLASS 60' CF Box	13:00 CF CLASS 60' CF Box		
16:30 CF KIDS 30' CF Box	16:00 OPEN BOX CF Box	16:00 OPEN BOX CF Box	16:00 OPEN BOX CF Box	16:00 OPEN BOX CF Box		
17:00 CF TEENS 60' CF Box	17:15 WL / STRENGTH 45' CF Box	17:15 WL / STRENGTH 45' CF Box	17:15 WL / STRENGTH 45' CF Box	17:15 WL / STRENGTH 45' CF Box		
18:00 CF EXPRESS 30' CF Box	18:00 CF EXPRESS 30' CF Box	18:00 CF EXPRESS 30' CF Box	18:00 CF EXPRESS 30' CF Box	18:00 CF EXPRESS 30' CF Box		
18:30 CF CLASS 60' CF Box	18:30 CF CLASS 60' CF Box	18:30 CF CLASS 60' CF Box	18:30 CF CLASS 60' CF Box	18:30 CF CLASS 60' CF Box		
19:30 CF CLASS 60' CF Box	19:30 CF CLASS 60' CF Box	19:30 CF CLASS 60' CF Box	19:30 CF CLASS 60' CF Box	19:30 CF CLASS 60' CF Box		

CLUB7

	CF EXPRESS 30'		WL / STRENGTH 45'
	CF CLASS 60'		CF KIDS 30'
	OPEN BOX		CF TEENS 60'