

# WORKSHOPS G-Functional

03 e 04 Outubro, 2015 - Quarteira

<b>03/10</b>	<b>15:00 – 19:00</b>	Bootcamp HIIT	TRX MIX
<b>04/10</b>	<b>9:00 – 13:00</b>	BOSU 3D Extreme	GRID Performance
<b>04/10</b>	<b>15:00</b>	Master Class – TOP GUN	

18 Outubro, 2015 – Lisboa

<b>9:00 – 13:00</b>	Dança	Glúteos Burn	GRID Performance
<b>15:00 – 19:00</b>	MMA	Running	TRX Funcional

01 Novembro, 2015 – Porto

<b>9:00 – 13:00</b>	TRX Funcional	BOSU 3D Extreme
<b>15:00 – 19:00</b>	Glúteos Burn	MMA