



FITNESS CENTER

CROSSFIT SCHEDULE

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 am	Cecilia	Cecilia	Cecilia	Cecilia	Cecilia
7 am	Cecilia	Cecilia	Cecilia	Cecilia	Cecilia
8 am	Cecilia	Cecilia	Cecilia	Cecilia	Cecilia
9 am	Cecilia	Cecilia	Cecilia	Cecilia	Cecilia
10 am	Cecilia	Cecilia	Cecilia	Cecilia	Cecilia
4 pm	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
5 pm	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
6 pm	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
7 pm	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
8 pm	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer

5985 NW 102nd Avenue
Doral - Miami, FL 33178

info@rippedfitnesscenter.com

305-418-8855 main gym
305-219-2923 Marcio's cell
169*31*26956 nextel

CAPOEIRA SCHEDULE

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 pm - KIDS	Bombril	Bombril	Bombril	Bombril	Bombril
7:30 pm - ADULTS (Beginners)	Jonathan	Jonathan	Jonathan	Jonathan	Jonathan
8:30 pm - ADULTS (Advanced)	No Class	Marcio	No Class	Marcio	No Class

