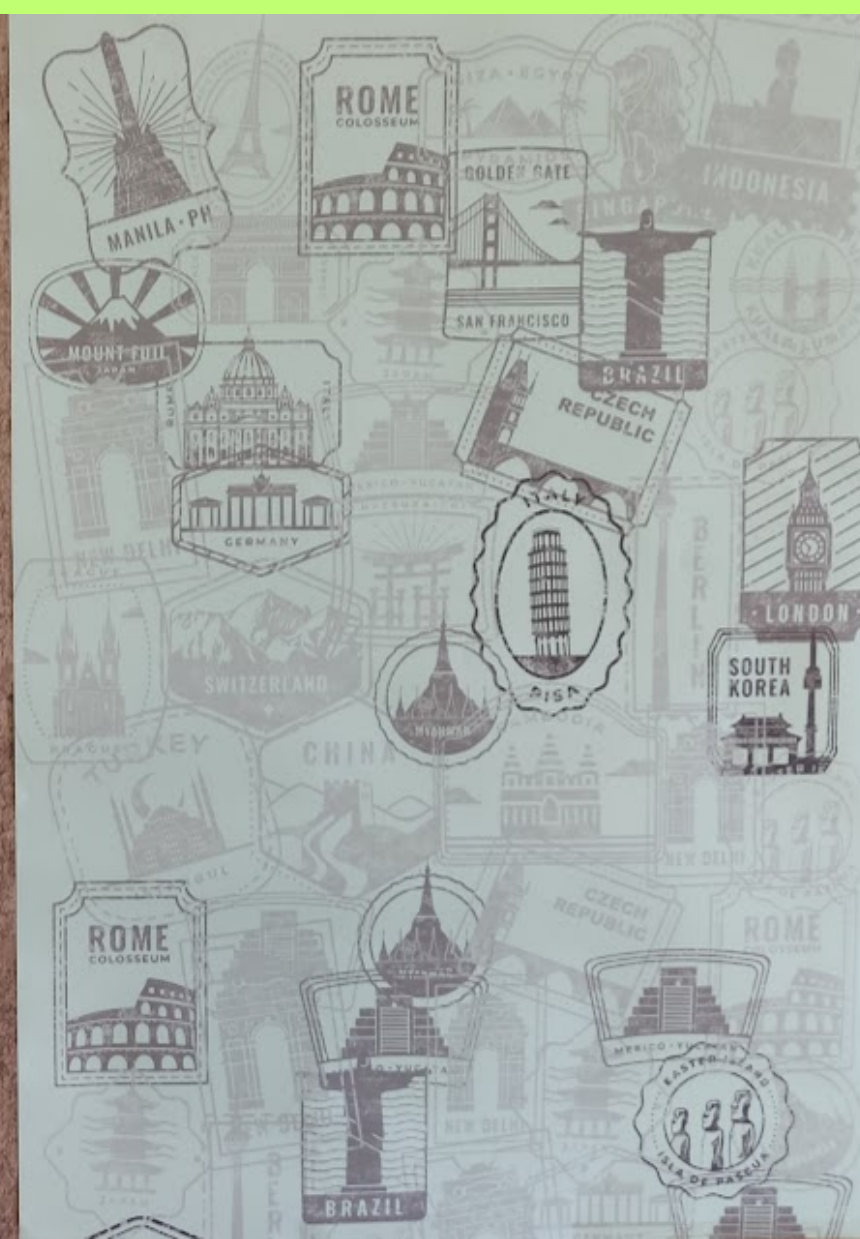
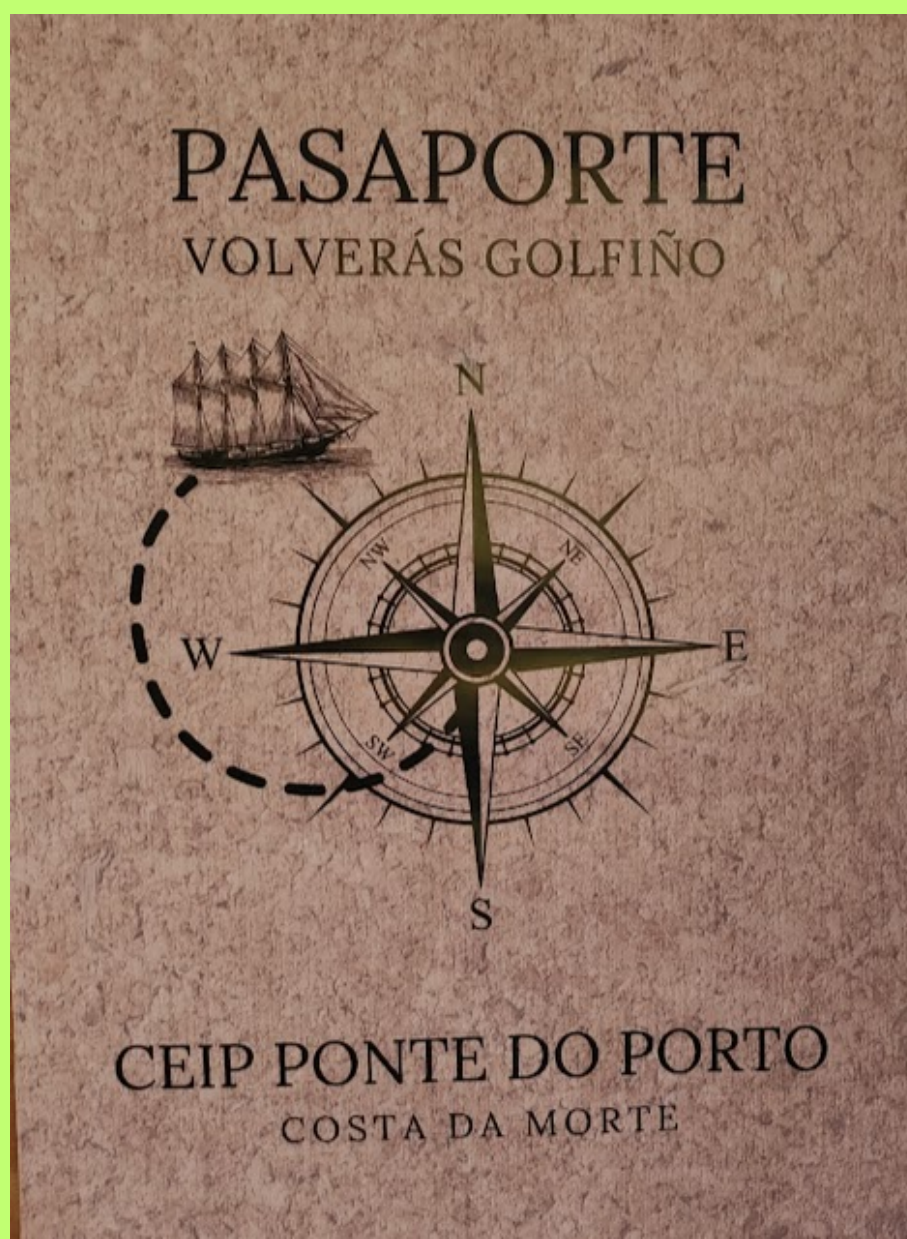
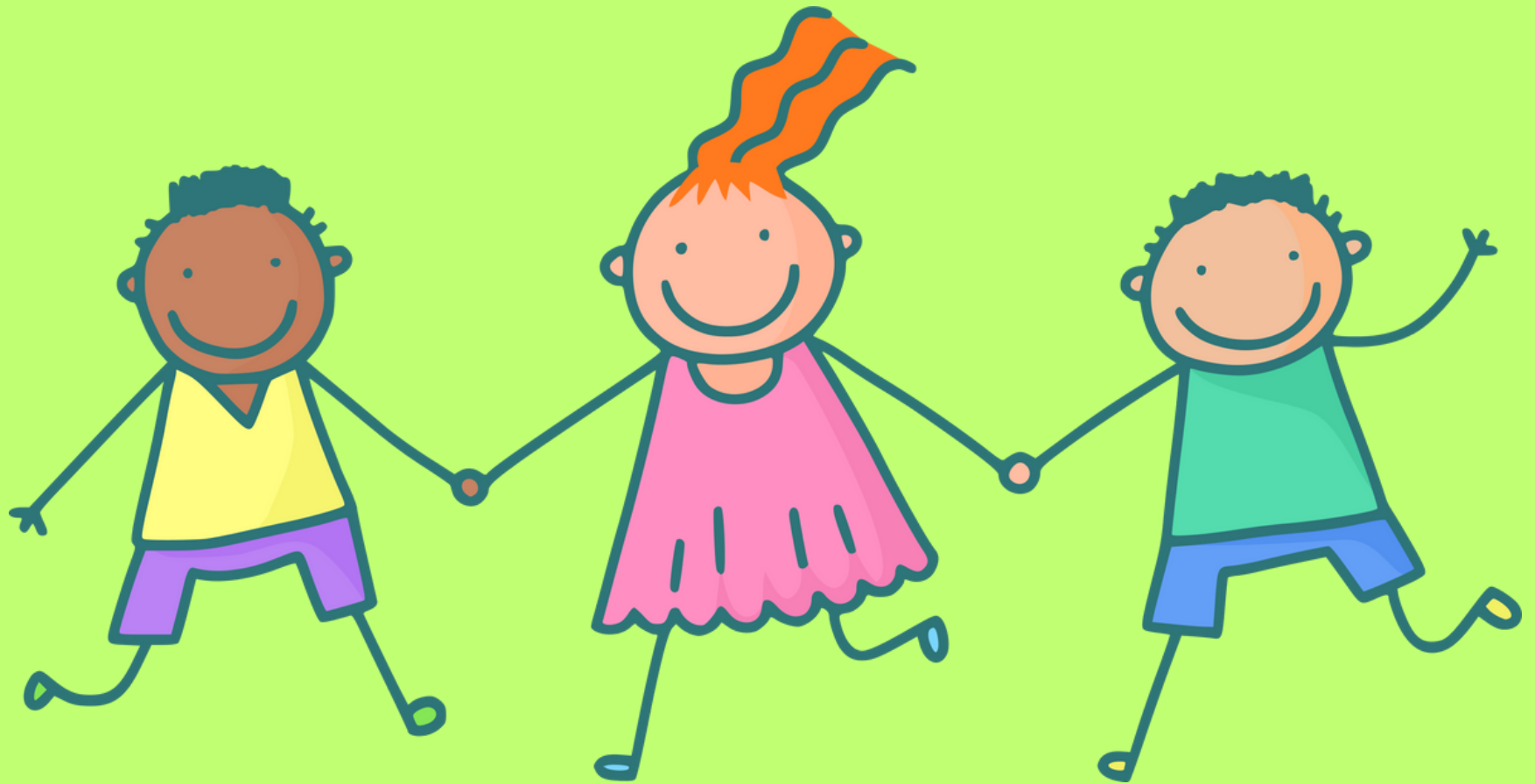


**100 voltas semanais, entre  
tod@s deberedes dar.  
Só unidos o poderedes  
lograr! Ânimo e a comezar!**





# Semana 1



**Andando...!!!**

# Semana 2



**Correndo...!!!**

# Semana 3



**A cegas...!!!**



# Semana 4

# Cadea humana

