

# Programa Municipal

## CLUBE DO MOVIMENTO

– Desporto Sénior



### PAVILHÃO MULTIUSOS DE ODIVELAS | PMO

2.ª Feira		3.ª Feira	4.ª Feira		5.ª Feira			6.ª Feira	
PADEL	GINÁSTICA	GINÁSTICA	PADEL	GINÁSTICA	GINÁSTICA	YOGA	PADEL	GINÁSTICA	WALKING FOOTBALL
09:00-09:45	09:00-09:45	09:00-09:45	09:00-09:45	09:00-09:45	09:00-09:45	09:45-10:30	09:00-09:45	09:00-09:45	09:15-10:00
09:45-10:30	09:45-10:30	09:45-10:30	09:45-10:30	09:45-10:30	09:45-10:30	10:30-11:15	09:45-10:30	09:45-10:30	10:15-11:00
CAMINHADA	10:30-11:15	10:30-11:15	YOGA	10:30-11:15	10:30-11:15		BOCCIA	10:30-11:15	DANÇA
09:45-10:30	11:15-12:00	11:15-12:00	09:00-09:45	11:15-12:00	11:15-12:00		10:30-11:15	EXIBIÇÃO	09:00-09:45
DANÇA	14:30-15:15	12:00-12:45	09:45-10:30	14:30-15:15	12:00-12:45		11:15-12:00	11:15-12:00	09:45-10:30
10:45-11:00	15:15-16:00	TÊNIS DE MESA	10:30-11:15	15:15-16:00	TÊNIS DE MESA		PILATES		10:30-11:15
11:00-11:45	16:00-16:45	10:15-11:00	KARATÉ	16:00-16:45	10:15-11:00		09:00-09:45		KARATÉ
11:45-12:30	BOCCIA		10:30-11:15	PILATES			09:45-10:30		11:30-12:15
KARATÉ	15:30-16:15		11:15-12:00	09:00-09:45			10:30-11:15		
10:30-11:15	16:15-17:00		BOCCIA	09:45-10:30					
			15:00-15:45						
			15:45-16:30						