

# COMPLEXO DESPORTIVO DE AROUCA

## MODALIDADES - 2022/2023

		Entrada/Saída	2ªFeira	Entrada/Saída	3ª Feira	Entrada/Saída	4ª Feira	Entrada/Saída	5ª Feira	Entrada/Saída	6ª Feira	Entrada/Saída	Sábado		
M a n h ã	M a n h a	09:30 /10:20	Treino funcional							09:30 /10:20	Treino funcional		09:30 /10:20	Kung Fu 3	
													10:30 /11:20	Kung Fu Kids1	
														10:50 /11:40	Kung Fu 4
														11:50 /12:40	Kung Fu Kids2
								12:45 /13:00	Cycling 3					12:10 /13:00	Kung Fu 5
T a r d e		17:30 /18:00	Core	17:00 /17:45	Ballet inic			17:30 /18:00	Core						
		18:10 /19:00	Localizada 1	17:30 /18:20	DanceTeen 1	18:00 /18:50	DanceBaby	18:10 /19:00	Localizada 1	17:30 /18:20	DanceTeen 1				
				17:45 /18:35	Ballet 1										
		18:30 /19:20	Cycling 1	18:30 /19:20	DanceKids 1	18:30 /19:20	Cycling 4	18:30 /19:20	Cycling 1	18:30 /19:20	DanceKids 1				
				18:35 /19:25	Ballet 2										
		19:00 /19:50	Localizada 2	18:30 /19:20	Yoga 1	19:30 /20:20	Kung Fu 1	19:00 /19:50	Localizada 2	18:30 /19:20	Yoga 2				
		19:30 /20:20	Cycling 2			19:30 /20:20	Cycling 5	19:30 /20:20	Cycling 2						
						20:30 /21:20	Kung Fu 2								

sala azul  
sala cycling  
sala nova

