

COMPLEXO DESPORTIVO DE AROUCA

MODALIDADES - 2020/2021

Entrada/Saída	2ª Feira	Entrada/Saída	3ª Feira	Entrada/Saída	4ª Feira	Entrada/Saída	5ª Feira	Entrada/Saída	6ª Feira	Entrada/Saída	Sábado
										09:30 /10:20	Kung Fu 3
										09:30 /10:20	Kung Fu Kids1
										10:50 /11:40	Kung Fu 4
										10:50 /11:40	Kung Fu Kids1
										12:10 /13:00	Kung Fu 5
17:45 /18:30				17:45 /18:30	DanceBaby						
18:00 /18:50	DanceKids S			18:00 /18:50	Cycling 4	18:00 /18:50	DanceKids Q				
18:00 /18:50	Cycling 1S	18:00 /18:50	DanceTeen T			18:00 /18:50	Cycling 1Q	18:00 /18:50	DanceTeen S		
19:00 /19:50	Localizada S	19:30 /20:20	Yoga T	19:00 /19:50	Kung Fu 1	19:00 /19:50	Localizada Q	18:30 /19:20	Yoga S		
19:30 /20:20	Cycling 2S	19:30 /20:20	Cycling 3T	19:30 /20:20	Cycling 5	19:30 /20:20	Cycling 2Q	19:30 /20:20	Cycling 3S		
				20:20 /21:10	Kung Fu 2						