

	ARTGYM SPORTS CENTRE – Rua de Almorode, 185, C – MAIA – 91 919 77 55								
	COMPLEXO GINÁSTICA MAIA – Rua de Altino Coelho – MAIA – 91 760 51 32								
	CLASSES		SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	
Getting Started	BabyGym (18-36 meses)							11:00 – 12:30	
	MiniGym A (3-5 anos)		17:30 - 18:30 ArtGym		17:30 - 18:30 ArtGym				
	MiniGym B (3-5 anos)			17:30 - 18:30 ArtGym		17:30 - 18:30 ArtGym			
	FunGym A (5-9 anos)		17:30 – 19:30		17:30 – 19:30		17:30 – 19:30		
	FunGym B (5-9 anos)			17:30 – 19:30		17:30 – 19:30	17:30 – 19:30		
	Ginástica para Todos (>10 anos)				19:00 – 20:30		19:00 – 20:30		
	Veteranos						21:00 – 22:30		
Getting Ready	Artística Feminina 3x (Benjamins - 6-7 anos)		Semana 1	19:15 - 20:45 CompGinMaia		19:15 - 20:45 CompGinMaia		19:15 - 20:45 CompGinMaia	
			Semana 2	18:00 – 20:30 ArtGym		18:00 – 20:30 ArtGym		18:00 – 20:30 ArtGym	
	Artística Masculina 3x (Iniciação - 6-10 anos)		Semana 1	19:15 - 21:30 CompGinMaia		19:15 - 21:30 CompGinMaia		19:15 - 21:30 CompGinMaia	
			Semana 2	18:00 – 20:30 ArtGym		18:00 – 20:30 ArtGym		18:00 – 20:30 ArtGym	
	Acro 4x (Infantis - 6-12 anos)			18:00 – 20:00	18:00 – 20:00		18:00 – 20:00	18:00 – 20:00	
	Artística Feminina 4x (Infantis - 8-9 anos)		Semana 1	19:15 - 21:00 CompGinMaia	19:15 - 21:00 CompGinMaia	19:15 - 21:00 CompGinMaia	19:15 - 21:00 CompGinMaia	19:15 - 21:00 CompGinMaia	
			Semana 2	18:00 – 20:30 ArtGym	18:00 – 20:30 ArtGym	18:00 – 20:30 ArtGym	18:00 – 20:30 ArtGym	18:00 – 20:30 ArtGym	
	Trampolins 4x (Iniciados - 7-10 anos)			17h30 - 19h00	17h30 - 19h00	17h30 - 19h00	17h30 - 19h00		
	Acro Iniciação (Iniciados - 7-15 anos)			17:30 – 21:00	17:30 – 21:00	17:30 – 21:00	17:30 – 21:00	17:30 – 21:00	
	Artística Feminina (Iniciação [1ª div.] - 10-11 anos)		Semana 1	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	11:00 – 13:00 CompGinMaia
			Semana 2	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	8:15 - 10:45 ArtGym
	Artística Masculina (Iniciação - >11 anos)		Semana 1	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	19:15 - 21:30 CompGinMaia	
			Semana 2	17:00 - 20:30 ArtGym	17:00 - 20:30 ArtGym	17:00 - 20:30 ArtGym	17:00 - 20:30 ArtGym	17:00 - 20:30 ArtGym	
	Trampolins Iniciação (Iniciados - 11-16 anos)			18:00 – 21:00	18:00 – 21:00	18:00 – 21:00	18:00 – 21:00	18:00 – 21:00	
	Acro Base (>10 anos)			18:00 – 21:00	18:00 – 21:00	18:00 – 21:00	18:00 – 21:00	18:00 – 21:00	
	Artística Feminina Base (e GAF Base 3x) (Iniciadas 3x e Avançadas - >10 anos)		Semana 1	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	
			Semana 2	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	18:00 – 21:00 ArtGym	
Getting Pro	Acro Elite (Juv/Jun/Sen)			16:00 – 21:00	16:00 – 21:00	16:00 – 21:00	16:00 – 21:00	16:00 – 21:00	9:00 - 13:00
	Artística Elite (Juv/Jun/Sen)		Semana 1	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	19:15 – 21:30 CompGinMaia	11:00 - 13:00 CompGinMaia
			Semana 2	16:00 – 19:00 CompGinMaia	16:00 – 19:00 CompGinMaia	16:00 – 19:00 CompGinMaia	16:00 – 19:00 CompGinMaia	16:00 – 19:00 CompGinMaia	8:15 - 10:45 CompGinMaia
Getting Fit	Musculação / Cardio			8:30 – 14:00	8:30 – 14:00	8:30 – 14:00	8:30 – 14:00	8:30 – 14:00	9:00 – 13:00
				14:00 – 21:00	14:00 – 21:00	14:00 – 21:00	14:00 – 21:00	14:00 – 21:00	
	Cycle					19:00 – 19:50			
	Local			19:00 – 19:50					
	GAP							19:00 – 19:50	
	PUMP						18:35– 19:25		
	Zumba						19:35 – 20:25		
	Step				19:00 – 19:50				
Getting Mobile	Parkour					19:00 – 20:30			11:00 – 12:30
	Karaté			19:30 - 20:30		19:30 - 20:30			
	Jiu Jitsu Kids			18:00 – 18:50		18:00 – 18:50			
	Jiu Jitsu			19:00 – 19:50		19:00 – 19:50		19:00 – 19:50	
	Kickboxing				20:30 - 21:30		20:30 - 21:30		
	Boxe							20:30 - 21:30	

Horário actualizado a 01/09/2021 revogando todos os anteriores