



	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 (5-10 anos)	17:30 – 19:30		17:30 – 19:30		17:30 – 19:30		
	FunGym B (5-10 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	21:00 – 22:30		
Getting Ready	Artística Feminina 3x (Benjamins - 6-7 anos)		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	
	Artística Masculina 3x (Iniciação - 6-10 anos)		18:00 – 20:30 ArtGym		18:00 – 20:30 CompGinMaia		18:00 – 20:30 ArtGym	
	Acro 4x (Infantis - 7-12 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 - 20:45 CompGinMaia	19:15 - 20:45 CompGinMaia	18:00 – 20:30 ArtGym	19:15 - 20:45 CompGinMaia	19:15 - 21:15 CompGinMaia	11:00 – 13:00 CompGinMaia
		Semana 2	17:00 – 19:00 CompGinMaia	17:00 – 19:00 CompGinMaia	18:00 – 20:30 ArtGym	17:00 – 19:00 CompGinMaia	17:00 – 19:00 CompGinMaia	11:00 – 13:00 ArtGym
			18:30 – 20:00 ArtGym	18:30 – 20:00 ArtGym		18:30 – 20:00 ArtGym	18:30 – 20:00 ArtGym	
	Trampolins 3x (Iniciados - 7-10 anos)		17:00 – 19:00			17:00 – 19:00	17:00 – 19:00	
	Acro Iniciação (Iniciados - 8-15 anos)		17:30 – 21:00	17:30 – 21:00	17:30 – 21:00	17:30 – 21:00	18:00 – 21:00	
	Artística Feminina (Iniciação [1ª div.] - 10-11 anos)		17:00 – 20:30 CompGinMaia	17:00 – 20:30 CompGinMaia	17:00 – 20:30 CompGinMaia	17:00 – 20:30 CompGinMaia	17:00 – 20:30 CompGinMaia	10:00 – 13:00 CompGinMaia
	Artística Masculina (Iniciação - >11 anos)	Semana 1	18:00 – 20:30 ArtGym	19:15 - 21:15 CompGinMaia	18:00 – 20:30 CompGinMaia	19:15 - 21:15 CompGinMaia	18:00 – 20:30 ArtGym	
		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 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	18:00 – 21:00 ArtGym	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)		17:00 – 21:00	17:00 – 21:00	17:00 – 21:00	17:00 – 21:00	9:00 - 13:00	
	Artística Elite (Juv/Jun/Sen)		17:00 – 21:00 CompGinMaia	17:00 – 21:00 CompGinMaia	17:00 – 21:00 CompGinMaia	17:00 – 21:00 CompGinMaia	10:00 - 13:00 CompGinMaia	
Getting Fit	Musculação / Cardio		8:30 – 14:00	8:30 – 14:00	8:30 – 14:00	8:30 – 14:00	9:00 – 13:00	
			14:00 – 22:00	14:00 – 22:00	14:00 – 22:00	14:00 – 22:00		
	Cycle		18:45– 19:35	19:45 – 20:35			10:30– 12:00	
	Local		19:45 – 20:35					
	Global Training					18:45– 19:35		
	GAP			18:45– 19:35				
	PUMP					18:35– 19:25		
	Zumba		19:35 – 20:25			19:35 – 20:25		
	Step				18:45– 19:35			
	Pilates				19:45 – 20:35			
Getting Mobile	Parkour				19:00 – 20:30		11:00 – 12:30	
	Karaté (júnior)		19:00 – 19:50			19:00 – 19:50		
	Karaté		20:00 – 20:50			20:00 – 20:50		
	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 25/09/2020 revogando todos os anteriores