



Programa Municipal Clube do Movimento – Desporto Sénior

HORÁRIOS POR LOCAL

(Em vigor a partir do dia 15 de setembro de 2025)

Pavilhão Multiusos de Odivelas									
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
09:00-10:15	09:00-09:45	09:00-09:45	09:00-10:15	09:00-09:45	09:00-09:45	09:45-10:30	09:00-10:15	09:00-09:45	09:15-10:00
10:15-11:30	09:45-10:30	09:45-10:30	10:15-11:30	09:45-10:30	09:45-10:30	10:30-11:15	10:15-11:30	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	PILATES	BOCCIA	EXIBIÇÃO	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	09:00-09:45	10:30-11:15	11:15-12:00	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	09:45-10:30	11:15-12:00		09:45-10:30
10:15-11:00	15:15-16:00	14:30-15:15	10:30-11:15	15:15-16:00	14:30-15:15		PILATES		10:30-11:15
11:00-11:45	16:00-16:45	15:15-16:00	KARATÉ	16:00-16:45	15:15-16:00		09:00-09:45		KARATÉ
11:45-12:30	BOCCIA	16:00-16:45	10:30-11:15	PILATES	16:00-16:45		09:45-10:30		11:30-12:15
KARATÉ	15:00-15:45	TÉNIS MESA	11:15-12:00	09:00-09:45	TÉNIS MESA		10:30-11:15		
10:30-11:15	15:45-16:30	10:15-11:00	BOCCIA	09:45-10:30	10:15-11:00				
		PILATES	15:00-15:45						
		09:00-09:45	15:45-16:30						
		09:45-10:30							

