

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 | | | | | | | |

