



PROGRAMAÇÃO OFICIAL

HORÁRIOS TREINOS SEXTA 14/06/2024	
TREINOS	
08:00 AS 08:12	ESCOLA
08:12 AS 08:24	MIRIN / CADETE
08:24 AS 08:36	F4 INICIANTE / F4 BATOM
08:36 AS 08:48	F4 GRADUADOS / SENIOR / JUNIOR
08:48 AS 09:00	F4 195 / SUPER SENIOR
09:00 AS 09:12	125 / F4 FORÇA LIVRE
09:12 AS 09:24	ESCOLA
09:24 AS 09:36	MIRIN / CADETE
09:36 AS 09:48	F4 INICIANTE / F4 BATOM
09:48 AS 10:00	F4 GRADUADOS / SENIOR / JUNIOR
10:00 AS 10:12	F4 195 / SUPER SENIOR /
10:12 AS 10:24	125 / F4 FORÇA LIVRE
10:24 AS 10:36	ESCOLA
10:36 AS 10:48	MIRIN / CADETE
10:48 AS 11:00	F4 INICIANTE / F4 BATOM
11:00 AS 11:12	F4 GRADUADOS / SENIOR / JUNIOR
11:12 AS 11:24	F4 195 / SUPER SENIOR /
11:24 AS 11:36	125 / F4 FORÇA LIVRE
INTEVALO ALMOÇO	
13:30 AS 13:45	ESCOLA
13:45 AS 14:00	MIRIN / CADETE
14:00 AS 14:15	F4 INICIANTE / F4 BATOM
14:15 AS 14:30	F4 GRADUADOS / SENIOR / JUNIOR
14:30 AS 14:45	F4 195 / SUPER SENIOR /
14:45 AS 15:00	125 / F4 FORÇA LIVRE
15:00 AS 15:15	ESCOLA
15:15 AS 15:30	MIRIN / CADETE
15:30 AS 15:45	F4 INICIANTE / F4 BATOM
15:45 AS 16:00	F4 GRADUADOS / SENIOR / JUNIOR
16:00 AS 16:15	F4 195 / SUPER SENIOR /
16:15 AS 16:30	125 / F4 FORÇA LIVRE
16:30 AS 16:45	ESCOLA
16:45 AS 17:00	MIRIN / CADETE
17:00 AS 17:15	F4 INICIANTE / F4 BATOM
17:15 AS 17:30	F4 GRADUADOS / SENIOR / JUNIOR
17:30 AS 17:45	F4 195 / SUPER SENIOR /
17:45 AS 18:00	125 / F4 FORÇA LIVRE