



PROGRAMAÇÃO OFICIAL

HORÁRIOS TREINOS SEXTA 31/01/2025	
TREINOS	
08:00 AS 08:15	ESCOLA
08:15 AS 08:30	MIRIN / CADETE
08:30 AS 08:45	F4 NOVATOS / F4 195
08:45 AS 09:00	F4 GRADUADOS / SENIOR / JUNIOR / SS
09:00 AS 09:15	125
09:15 AS 09:30	ESCOLA
09:30 AS 09:45	MIRIN / CADETE
09:45 AS 10:00	F4 NOVATOS / F4 195
10:00 AS 10:15	F4 GRADUADOS / SENIOR / JUNIOR / SS
10:15 AS 10:30	125
10:30 AS 10:45	ESCOLA
10:45 AS 11:00	MIRIN / CADETE
11:00 AS 11:15	F4 NOVATOS / F4 195
11:15 AS 11:30	F4 GRADUADOS / SENIOR / JUNIOR / SS
11:30 AS 11:45	125
INTEVALO ALMOÇO	
13:30 AS 13:45	ESCOLA
13:45 AS 14:00	MIRIN / CADETE
14:00 AS 14:15	F4 NOVATOS / F4 195
14:15 AS 14:30	F4 GRADUADOS / SENIOR / JUNIOR / SS
14:30 AS 14:45	125
14:45 AS 15:00	ESCOLA
15:00 AS 15:15	MIRIN / CADETE
15:15 AS 15:30	F4 NOVATOS / F4 195
15:30 AS 15:45	F4 GRADUADOS / SENIOR / JUNIOR / SS
15:45 AS 16:00	125
16:00 AS 16:15	ESCOLA
16:15 AS 16:30	MIRIN / CADETE
16:30 AS 16:45	F4 NOVATOS / F4 195
16:45 AS 17:00	F4 GRADUADOS / SENIOR / JUNIOR / SS
17:00 AS 17:15	125
17:15 AS 17:30	ESCOLA
17:30 AS 17:45	MIRIN / CADETE
17:45 AS 18:00	F4 NOVATOS / F4 195
18:00 AS 18:15	F4 GRADUADOS / SENIOR / JUNIOR / SS
18:15 AS 18:30	125