



Horas	Segunda	Terça	Quarta	Quinta	Sexta
17:45 - 18:45H	2022 2021 2020	Treinos Individuais	2022 2021 2020	Treinos Individuais	2022 2021 2020
18:45 - 19:45H	2019 2018 2018 EVO 2017  13/14	2017 EVO 2016 EVO 2015 A.A.P.G 2013/14 EVO  17/18	2019 2018 2018 EVO 2017  EVO	2019 2018 2018 EVO 2017	2017 EVO 2016 EVO 2015 A.A.P.G 2013/14 EVO  EVO
20:00 - 21:00H	2016 2015 2014  10/11/12	2016 2015 2014  15/16	2017 EVO 2016 EVO 2015 A.A.P.G 2013/14 EVO  EVO	2016 2015 2014	2013
21:00 - 22:30H	2013 2010/11	2012 2010/11	2013 2012	2010/11	2012