



## GYM FOR LIFE REGIONAL 1ABRIL2023 - LOURINHÃ

| Acreditação | Duração (10mins) + Transição (1min) | Aquecimento 1 - Articular | Duração (10mins) + Transição (1min) | Aquecimento 2 - Geral    | Duração (10mins) + Transição (1min) | Aquecimento 3 - Específico | Duração (10mins) + Transição (1min) | Atuação  | Classe                       | Clube                | #  |
|-------------|-------------------------------------|---------------------------|-------------------------------------|--------------------------|-------------------------------------|----------------------------|-------------------------------------|----------|------------------------------|----------------------|----|
| 08:30:00    | 00:11:00                            | 08:41:00                  | 00:11:00                            | 08:52:00                 | 00:11:00                            | 09:03:00                   | 00:11:00                            | 9:14:00  | Acrogym Enigmas              | HCL                  | 1  |
| 08:41:00    | 00:11:00                            | 08:52:00                  | 00:11:00                            | 09:03:00                 | 00:11:00                            | 09:14:00                   | 00:11:00                            | 9:25:00  | Dança Tradicional Portuguesa | SCP                  | 2  |
| 08:52:00    | 00:11:00                            | 09:03:00                  | 00:11:00                            | 09:14:00                 | 00:11:00                            | 09:25:00                   | 00:11:00                            | 9:36:00  | Tejo                         | SAD                  | 3  |
| 09:03:00    | 00:11:00                            | 09:14:00                  | 00:11:00                            | 09:25:00                 | 00:11:00                            | 09:36:00                   | 00:11:00                            | 9:47:00  | Gymnalgés                    | SAD                  | 4  |
| 09:14:00    | 00:11:00                            | 09:25:00                  | 00:11:00                            | 09:36:00                 | 00:11:00                            | 09:47:00                   | 00:11:00                            | 9:58:00  | Seglas                       | SAD                  | 5  |
| 09:25:00    | 00:11:00                            | 09:36:00                  | 00:11:00                            | 09:47:00                 | 00:11:00                            | 09:58:00                   | 00:11:00                            | 10:09:00 | Acrogym                      | SAD                  | 6  |
| 09:36:00    | 00:11:00                            | 09:47:00                  | 00:11:00                            | 09:58:00                 | 00:11:00                            | 10:09:00                   | 00:11:00                            | 10:20:00 | Mitos                        | CAQ                  | 7  |
| 09:47:00    | 00:11:00                            | 09:58:00                  | 00:11:00                            | 10:09:00                 | 00:11:00                            | 10:20:00                   | 00:11:00                            | 10:31:00 | GpT                          | AGYMNODV             | 8  |
| 09:58:00    | 00:11:00                            | 10:09:00                  | 00:11:00                            | 10:20:00                 | 00:11:00                            | 10:31:00                   | 00:11:00                            | 10:42:00 | Allmix                       | CAQ                  | 9  |
| 10:09:00    | 00:11:00                            | 10:20:00                  | 00:11:00                            | 10:31:00                 | 00:11:00                            | 10:42:00                   | 00:11:00                            | 10:53:00 | KDFOCUS                      | ACRD Pirilampo Sábio | 10 |
|             |                                     |                           |                                     |                          |                                     |                            |                                     | 11:05:00 | <b>CERIMÓNIA 1-9</b>         |                      |    |
| 10:36:00    | 00:11:00                            | 10:47:00 - Aquecimento 2  | 00:11:00                            | 10:58:00                 | 00:11:00                            | 11:09:00                   | 00:11:00                            | 11:20:00 | Projecto Gym é QE - 10 anos  | AssQE                | 11 |
| 10:47:00    | 00:11:00                            | 10:58:00                  | 00:11:00                            | 11:09:00                 | 00:11:00                            | 11:20:00                   | 00:11:00                            | 11:31:00 | MixUp                        | CAQ                  | 12 |
| 10:58:00    | 00:11:00                            | 11:09:00                  | 00:11:00                            | 11:20:00                 | 00:11:00                            | 11:31:00                   | 00:11:00                            | 11:42:00 | Classe Especial              | C.Valsassina         | 13 |
| 11:09:00    | 00:11:00                            | 11:20:00                  | 00:11:00                            | 11:31:00                 | 00:11:00                            | 11:42:00                   | 00:11:00                            | 11:53:00 | KD FLICKS                    | ACRD Pirilampo Sábio | 14 |
| 11:20:00    | 00:11:00                            | 11:31:00                  | 00:11:00                            | 11:42:00                 | 00:11:00                            | 11:53:00                   | 00:11:00                            | 12:04:00 | Ponchitas                    | CAQ                  | 15 |
| 11:31:00    | 00:11:00                            | 11:42:00                  | 00:11:00                            | 11:53:00                 | 00:11:00                            | 12:04:00                   | 00:11:00                            | 12:15:00 | Pré-Representação            | ADM                  | 16 |
| 11:42:00    | 00:11:00                            | 11:53:00                  | 00:11:00                            | 12:04:00                 | 00:11:00                            | 12:15:00                   | 00:11:00                            | 12:26:00 | Miúdas                       | CAQ                  | 17 |
| 11:53:00    | 00:11:00                            | 12:04:00                  | 00:11:00                            | 12:15:00                 | 00:11:00                            | 12:26:00                   | 00:11:00                            | 12:37:00 | Classe Pré-Especial          | C.Valsassina         | 18 |
| 12:04:00    | 00:11:00                            | 12:15:00                  | 00:11:00                            | 12:26:00                 | 00:11:00                            | 12:37:00                   | 00:11:00                            | 12:48:00 | Velutti                      | CAQ                  | 19 |
| 12:15:00    | 00:11:00                            | 12:26:00                  | 00:11:00                            | 12:37:00                 | 00:11:00                            | 12:48:00                   | 00:11:00                            | 12:59:00 | Acroteam Representação       | CAA                  | 20 |
|             |                                     |                           |                                     |                          |                                     |                            |                                     | 13:10:00 | <b>CERIMÓNIA 10-20</b>       |                      |    |
|             |                                     |                           |                                     |                          |                                     |                            |                                     | 13:30:00 | <b>INTERVALO</b>             |                      |    |
| 13:46:00    | 00:11:00                            | 13:57:00 - Aquecimento 3  | 00:11:00                            | 14:08:00 - Aquecimento 3 | 00:11:00                            | 14:19:00                   | 00:11:00                            | 14:30:00 | Spaceteam                    | ESGC                 | 21 |
| 13:57:00    | 00:11:00                            | 14:08:00                  | 00:11:00                            | 14:19:00                 | 00:11:00                            | 14:30:00                   | 00:11:00                            | 14:41:00 | Shadows                      | CIMM                 | 22 |
| 14:08:00    | 00:11:00                            | 14:19:00                  | 00:11:00                            | 14:30:00                 | 00:11:00                            | 14:41:00                   | 00:11:00                            | 14:52:00 | Traquinas A                  | CFE                  | 22 |
| 14:19:00    | 00:11:00                            | 14:30:00                  | 00:11:00                            | 14:41:00                 | 00:11:00                            | 14:52:00                   | 00:11:00                            | 15:03:00 | Coyotes                      | CDESMT               | 24 |
| 14:30:00    | 00:11:00                            | 14:41:00                  | 00:11:00                            | 14:52:00                 | 00:11:00                            | 15:03:00                   | 00:11:00                            | 15:14:00 | Sementinhas                  | ESGC                 | 25 |
| 14:41:00    | 00:11:00                            | 14:52:00                  | 00:11:00                            | 15:03:00                 | 00:11:00                            | 15:14:00                   | 00:11:00                            | 15:25:00 | Eagles                       | CDESMT               | 26 |
| 14:52:00    | 00:11:00                            | 15:03:00                  | 00:11:00                            | 15:14:00                 | 00:11:00                            | 15:25:00                   | 00:11:00                            | 15:36:00 | Traquinas B                  | CFE                  | 27 |
| 15:03:00    | 00:11:00                            | 15:14:00                  | 00:11:00                            | 15:25:00                 | 00:11:00                            | 15:36:00                   | 00:11:00                            | 15:47:00 | Fénix                        | CIMM                 | 28 |
| 15:14:00    | 00:11:00                            | 15:25:00                  | 00:11:00                            | 15:36:00                 | 00:11:00                            | 15:47:00                   | 00:11:00                            | 15:58:00 | Nexteam                      | ESGC                 | 29 |
| 15:25:00    | 00:11:00                            | 15:36:00                  | 00:11:00                            | 15:47:00                 | 00:11:00                            | 15:58:00                   | 00:11:00                            | 16:09:00 | Trocapasso                   | CDAEAO               | 30 |
| 15:36:00    | 00:11:00                            | 15:47:00                  | 00:11:00                            | 15:58:00                 | 00:11:00                            | 16:09:00                   | 00:11:00                            | 16:20:00 | Gralhas                      | CDESMT               | 31 |
|             |                                     |                           |                                     |                          |                                     |                            |                                     | 16:30:00 | <b>CERIMÓNIA 21-30</b>       |                      |    |
| 16:06:00    | 00:11:00                            | 16:17:00                  | 00:11:00                            | 16:28:00                 | 00:11:00                            | 16:39:00                   | 00:11:00                            | 16:50:00 | Jaguares                     | CDESMT               | 32 |
| 16:17:00    | 00:11:00                            | 16:28:00                  | 00:11:00                            | 16:39:00                 | 00:11:00                            | 16:50:00                   | 00:11:00                            | 17:01:00 | All Star                     | CFE                  | 33 |
| 16:28:00    | 00:11:00                            | 16:39:00                  | 00:11:00                            | 16:50:00                 | 00:11:00                            | 17:01:00                   | 00:11:00                            | 17:12:00 | Chitas                       | CDESMT               | 34 |
| 16:39:00    | 00:11:00                            | 16:50:00                  | 00:11:00                            | 17:01:00                 | 00:11:00                            | 17:12:00                   | 00:11:00                            | 17:23:00 | Acrodance                    | CDCRMF               | 35 |
| 16:50:00    | 00:11:00                            | 17:01:00                  | 00:11:00                            | 17:12:00                 | 00:11:00                            | 17:23:00                   | 00:11:00                            | 17:34:00 | Sanuzah                      | FCA                  | 36 |
| 17:01:00    | 00:11:00                            | 17:12:00                  | 00:11:00                            | 17:23:00                 | 00:11:00                            | 17:34:00                   | 00:11:00                            | 17:45:00 | Panthers                     | CDESMT               | 37 |
| 17:12:00    | 00:11:00                            | 17:23:00                  | 00:11:00                            | 17:34:00                 | 00:11:00                            | 17:45:00                   | 00:11:00                            | 17:56:00 | Bambigym                     | HCL                  | 38 |
| 17:23:00    | 00:11:00                            | 17:34:00                  | 00:11:00                            | 17:45:00                 | 00:11:00                            | 17:56:00                   | 00:11:00                            | 18:07:00 | Wolves                       | CDESMT               | 39 |
| 17:34:00    | 00:11:00                            | 17:45:00                  | 00:11:00                            | 17:56:00                 | 00:11:00                            | 18:07:00                   | 00:11:00                            | 18:18:00 | Pré-Competição               | GimnoFrielas         | 40 |



## GYM FOR LIFE REGIONAL 1ABRIL2023 - LOURINHÃ

| Acreditação | Duração (10mins) +<br>Transição (1min) | Aquecimento 1 -<br>Articular | Duração (10mins) +<br>Transição (1min) | Aquecimento 2 -<br>Geral | Duração (10mins) +<br>Transição (1min) | Aquecimento 3 -<br>Específico | Duração (10mins) +<br>Transição (1min) | Atuação  | Classe                 | Clube      | #  |
|-------------|--|------------------------------|--|--------------------------|--|-------------------------------|--|----------|------------------------|------------|----|
| 17:45:00    | 00:11:00                               | 17:56:00                     | 00:11:00                               | 18:07:00                 | 00:11:00                               | 18:18:00                      | 00:11:00                               | 18:29:00 | Acrogym                | CDCRMF     | 41 |
| 17:56:00    | 00:11:00                               | 18:07:00                     | 00:11:00                               | 18:18:00                 | 00:11:00                               | 18:29:00                      | 00:11:00                               | 18:40:00 | Fox                    | CDESMT     | 42 |
|             |  |                              |  |                          |  |                               |  | 19:00:00 | <b>CERIMÓNIA 31-42</b> |            |    |
|             |  |                              |  |                          |  |                               |  | 19:20:00 | <b>INTERVALO</b>       |            |    |
| 19:21:00    | 00:11:00                               | 19:32:00                     | 00:11:00                               | 19:43:00                 | 00:11:00                               | 19:54:00                      | 00:11:00                               | 20:05:00 | Atitudes               | GCP        | 43 |
| 19:32:00    | 00:11:00                               | 19:43:00                     | 00:11:00                               | 19:54:00                 | 00:11:00                               | 20:05:00                      | 00:11:00                               | 20:16:00 | Ginástica de Grupo I   | GimnoAnima | 44 |
| 19:43:00    | 00:11:00                               | 19:54:00                     | 00:11:00                               | 20:05:00                 | 00:11:00                               | 20:16:00                      | 00:11:00                               | 20:27:00 | AcroBlue               | GIPA       | 45 |
| 19:54:00    | 00:11:00                               | 20:05:00                     | 00:11:00                               | 20:16:00                 | 00:11:00                               | 20:27:00                      | 00:11:00                               | 20:38:00 | Ritmix-Real Grupo      | RSC        | 46 |
| 20:05:00    | 00:11:00                               | 20:16:00                     | 00:11:00                               | 20:27:00                 | 00:11:00                               | 20:38:00                      | 00:11:00                               | 20:49:00 | Pequeno Grupo          | SEA        | 47 |
| 20:16:00    | 00:11:00                               | 20:27:00                     | 00:11:00                               | 20:38:00                 | 00:11:00                               | 20:49:00                      | 00:11:00                               | 21:00:00 | Mixstica               | SLB        | 48 |
| 20:27:00    | 00:11:00                               | 20:38:00                     | 00:11:00                               | 20:49:00                 | 00:11:00                               | 21:00:00                      | 00:11:00                               | 21:11:00 | Ritmica de Grupo       | GCP        | 49 |
| 20:38:00    | 00:11:00                               | 20:49:00                     | 00:11:00                               | 21:00:00                 | 00:11:00                               | 21:11:00                      | 00:11:00                               | 21:22:00 | Ginástica de Grupo II  | GimnoAnima | 50 |
| 20:49:00    | 00:11:00                               | 21:00:00                     | 00:11:00                               | 21:11:00                 | 00:11:00                               | 21:22:00                      | 00:11:00                               | 21:33:00 | Alvide Acro Gym        | SMSA       | 51 |
| 21:00:00    | 00:11:00                               | 21:11:00                     | 00:11:00                               | 21:22:00                 | 00:11:00                               | 21:33:00                      | 00:11:00                               | 21:44:00 | Exibição               | STOS       | 52 |
|             |  |                              |  |                          |  |                               |  | 22:00:00 | <b>CERIMÓNIA 43-52</b> |            |    |