



GYM FOR LIFE REGIONAL 23MARÇO2024 - LOURES

| Acreditação | Duração (10mins) + Transição (1min) | Aquecimento 1 - Articular | Duração (10mins) + Transição (1min) | Aquecimento 2 - Geral | Duração (10mins) + Transição (1min) | Aquecimento 3 - Especifico | Duração (10mins) + Transição (1min) | Atuação | Classe | Clube | # |
|-------------|-------------------------------------|---------------------------|-------------------------------------|---------------------------|-------------------------------------|----------------------------|-------------------------------------|----------|------------------------------|--------|----|
| 08:16:00 | 00:11:00 | 08:27:00 | 00:11:00 | 08:38:00 | 00:11:00 | 08:49:00 | 00:11:00 | 9:00:00 | Dance Junior | CSQ | 1 |
| 08:27:00 | 00:11:00 | 08:38:00 | 00:11:00 | 08:49:00 | 00:11:00 | 09:00:00 | 00:11:00 | 9:11:00 | Acro Piri | PSACRD | 2 |
| 08:38:00 | 00:11:00 | 08:49:00 | 00:11:00 | 09:00:00 | 00:11:00 | 09:11:00 | 00:11:00 | 9:22:00 | Shadows | CIMM | 3 |
| 08:49:00 | 00:11:00 | 09:00:00 | 00:11:00 | 09:11:00 | 00:11:00 | 09:22:00 | 00:11:00 | 9:33:00 | Ginástica de Grupo I | GMNA | 4 |
| 09:00:00 | 00:11:00 | 09:11:00 | 00:11:00 | 09:22:00 | 00:11:00 | 09:33:00 | 00:11:00 | 9:44:00 | FunyRitmic | CAA | 5 |
| 09:11:00 | 00:11:00 | 09:22:00 | 00:11:00 | 09:33:00 | 00:11:00 | 09:44:00 | 00:11:00 | 9:55:00 | FourteenDance | CSQ | 6 |
| 09:22:00 | 00:11:00 | 09:33:00 | 00:11:00 | 09:44:00 | 00:11:00 | 09:55:00 | 00:11:00 | 10:06:00 | Ginambas | GDZ | 7 |
| 09:33:00 | 00:11:00 | 09:44:00 | 00:11:00 | 09:55:00 | 00:11:00 | 10:06:00 | 00:11:00 | 10:17:00 | Trocapasso | CDAEAO | 8 |
| 09:44:00 | 00:11:00 | 09:55:00 | 00:11:00 | 10:06:00 | 00:11:00 | 10:17:00 | 00:11:00 | 10:28:00 | Wolves | CDESMT | 9 |
| 09:55:00 | 00:11:00 | 10:06:00 | 00:11:00 | 10:17:00 | 00:11:00 | 10:28:00 | 00:11:00 | 10:39:00 | Fénix | CIMM | 10 |
| 10:06:00 | 00:11:00 | 10:17:00 | 00:11:00 | 10:28:00 | 00:11:00 | 10:39:00 | 00:11:00 | 10:50:00 | Jaguares | CDESMT | 11 |
| | | | | | | | | 11:00:00 | CERIMÓNIA 1-11 | | |
| 10:36:00 | 00:11:00 | 10:47:00 Aquecimento 3 | 00:11:00 | 10:58:00 Aquecimento 3 | 00:11:00 | 11:09:00 | 00:11:00 | 11:20:00 | Projecto Gym é QE | AssQE | 12 |
| 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 | Gralhas | CDESMT | 13 |
| 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 | Exibição | STOS | 14 |
| 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 | Dynamic Team | GMNA | 15 |
| 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 | Dança Tradicional Portuguesa | SCP | 16 |
| 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 | Enosis | CAA | 17 |
| 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 | Koalas | CDAEAO | 18 |
| 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 | Fox | CDESMT | 19 |
| 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 | Acro Lions | SCT | 20 |
| 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 | Representação | STOS | 21 |
| 12:26:00 | 00:11:00 | 12:37:00 | 00:11:00 | 12:48:00 | 00:11:00 | 12:59:00 | 00:11:00 | 13:10:00 | Ginástica de Grupo II | GMNA | 22 |
| | | | | | | | | 13:20:00 | CERIMÓNIA 12-22 | | |
| | | | | | | | | 13:40:00 | INTERVALO | | |
| 13:46:00 | 00:11:00 | 13:57:00 | 00:11:00 | 14:08:00 | 00:11:00 | 14:19:00 | 00:11:00 | 14:30:00 | Ponchitas | CAQ | 23 |
| 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 | EntreLinhas | ADO | 24 |
| 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 | Acrogym Enigmas | HCL | 25 |
| 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 | MixUp | CAQ | 26 |
| 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 | EuterpeTean | SEA | 27 |
| 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 | Motus | CAQ | 28 |
| 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 | Manutenção | CFE | 29 |
| 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 | Emoções | ADO | 30 |
| 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 | Miúdas | CAQ | 31 |
| 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 | Traquinas A | CFE | 32 |
| 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 | Lx Skippers II | CAQ | 33 |
| 15:47:00 | 00:11:00 | 15:58:00 | 00:11:00 | 16:09:00 | 00:11:00 | 16:20:00 | 00:11:00 | 16:31:00 | Formação | AxCC | 34 |
| | | | | | | | | 16:40:00 | CERIMÓNIA 23-33 | | |



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| Accreditação | 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 | # |
|--------------|-------------------------------------|---------------------------|-------------------------------------|---------------------------|-------------------------------------|----------------------------|-------------------------------------|----------|------------------------|--------|----|
| 16:16:00 | 00:11:00 | 16:27:00 Aquecimento 3 | 00:11:00 | 16:38:00 Aquecimento 3 | 00:11:00 | 16:49:00 | 00:11:00 | 17:00:00 | Spaceteam | ESGC | 35 |
| 16:27:00 | 00:11:00 | 16:38:00 | 00:11:00 | 16:49:00 | 00:11:00 | 17:00:00 | 00:11:00 | 17:11:00 | Allmix | CAQ | 36 |
| 16:38:00 | 00:11:00 | 16:49:00 | 00:11:00 | 17:00:00 | 00:11:00 | 17:11:00 | 00:11:00 | 17:22:00 | Traquinas B | CFE | 37 |
| 16:49:00 | 00:11:00 | 17:00:00 | 00:11:00 | 17:11:00 | 00:11:00 | 17:22:00 | 00:11:00 | 17:33:00 | Sementinhas | ESGC | 38 |
| 17:00:00 | 00:11:00 | 17:11:00 | 00:11:00 | 17:22:00 | 00:11:00 | 17:33:00 | 00:11:00 | 17:44:00 | Mixteens | SLB | 39 |
| 17:11:00 | 00:11:00 | 17:22:00 | 00:11:00 | 17:33:00 | 00:11:00 | 17:44:00 | 00:11:00 | 17:55:00 | AcroGym Kids | GMFR | 40 |
| 17:22:00 | 00:11:00 | 17:33:00 | 00:11:00 | 17:44:00 | 00:11:00 | 17:55:00 | 00:11:00 | 18:06:00 | All Star | CFE | 41 |
| 17:33:00 | 00:11:00 | 17:44:00 | 00:11:00 | 17:55:00 | 00:11:00 | 18:06:00 | 00:11:00 | 18:17:00 | One More Time | CAQ | 42 |
| 17:44:00 | 00:11:00 | 17:55:00 | 00:11:00 | 18:06:00 | 00:11:00 | 18:17:00 | 00:11:00 | 18:28:00 | Nexteam | ESGC | 43 |
| 17:55:00 | 00:11:00 | 18:06:00 | 00:11:00 | 18:17:00 | 00:11:00 | 18:28:00 | 00:11:00 | 18:39:00 | Dynamics | CDESR | 44 |
| 18:06:00 | 00:11:00 | 18:17:00 | 00:11:00 | 18:28:00 | 00:11:00 | 18:39:00 | 00:11:00 | 18:50:00 | Mixstica | SLB | 45 |
| 18:17:00 | 00:11:00 | 18:28:00 | 00:11:00 | 18:39:00 | 00:11:00 | 18:50:00 | 00:11:00 | 19:01:00 | Formação Corações | GDRCVF | 46 |
| | | | | | | | | 19:10:00 | CERIMÓNIA 35-45 | | |
| | | | | | | | | 19:30:00 | INTERVALO | | |
| 19:31:00 | 00:11:00 | 19:42:00 Aquecimento 3 | 00:11:00 | 19:53:00 Aquecimento 3 | 00:11:00 | 20:04:00 | 00:11:00 | 20:15:00 | Firestorm | SCS | 47 |
| 19:42:00 | 00:11:00 | 19:53:00 | 00:11:00 | 20:04:00 | 00:11:00 | 20:15:00 | 00:11:00 | 20:26:00 | Seglas | SAD | 48 |
| 19:53:00 | 00:11:00 | 20:04:00 | 00:11:00 | 20:15:00 | 00:11:00 | 20:26:00 | 00:11:00 | 20:37:00 | Little Acrogym | CDCRMF | 49 |
| 20:04:00 | 00:11:00 | 20:15:00 | 00:11:00 | 20:26:00 | 00:11:00 | 20:37:00 | 00:11:00 | 20:48:00 | Acrogym | SAD | 50 |
| 20:15:00 | 00:11:00 | 20:26:00 | 00:11:00 | 20:37:00 | 00:11:00 | 20:48:00 | 00:11:00 | 20:59:00 | AcroDance | SMSA | 51 |
| 20:26:00 | 00:11:00 | 20:37:00 | 00:11:00 | 20:48:00 | 00:11:00 | 20:59:00 | 00:11:00 | 21:10:00 | Tejo | SAD | 52 |
| 20:37:00 | 00:11:00 | 20:48:00 | 00:11:00 | 20:59:00 | 00:11:00 | 21:10:00 | 00:11:00 | 21:21:00 | JustGym | ADCLO | 53 |
| 20:48:00 | 00:11:00 | 20:59:00 | 00:11:00 | 21:10:00 | 00:11:00 | 21:21:00 | 00:11:00 | 21:32:00 | Acrotop | SAD | 54 |
| 20:59:00 | 00:11:00 | 21:10:00 | 00:11:00 | 21:21:00 | 00:11:00 | 21:32:00 | 00:11:00 | 21:43:00 | Acrodance | CDCRMF | 55 |
| 21:10:00 | 00:11:00 | 21:21:00 | 00:11:00 | 21:32:00 | 00:11:00 | 21:43:00 | 00:11:00 | 21:54:00 | Mista | LGC | 56 |
| 21:21:00 | 00:11:00 | 21:32:00 | 00:11:00 | 21:43:00 | 00:11:00 | 21:54:00 | 00:11:00 | 22:05:00 | Gymnalgés | SAD | 57 |
| | | | | | | | | 22:15:00 | CERIMÓNIA 47-57 | | |