



GYM FOR LIFE REGIONAL AGL 2022 - PROGRAMA

Acreditação	Duração	Balneários	Duração	Aquecimento 1 - Geral	Duração	Aquecimento 2 - Geral	Duração	Aquecimento 3 - Específico	Duração	Atuação	Classe	Clube	#
08:40:00	00:12:30	08:55:00	00:12:30	09:07:30	00:12:30	09:20:00	00:12:30	09:32:30	00:12:30	9:45:00	Mini Traquinas	CFE	1
08:55:00	00:12:30	09:07:30	00:12:30	09:20:00	00:12:30	09:32:30	00:12:30	09:45:00	00:12:30	9:57:30	Traquinas	CFE	2
09:07:30	00:12:30	09:20:00	00:12:30	09:32:30	00:12:30	09:45:00	00:12:30	09:57:30	00:12:30	10:10:00	All Star	CFE	3
09:20:00	00:12:30	09:32:30	00:12:30	09:45:00	00:12:30	09:57:30	00:12:30	10:10:00	00:12:30	10:22:30	Miúdas	CAQ	4
09:32:30	00:12:30	09:45:00	00:12:30	09:57:30	00:12:30	10:10:00	00:12:30	10:22:30	00:12:30	10:35:00	Akaris	ADPN	5
09:45:00	00:12:30	09:57:30	00:12:30	10:10:00	00:12:30	10:22:30	00:12:30	10:35:00	00:12:30	10:47:30	Ponchitas	CAQ	6
09:57:30	00:12:30	10:10:00	00:12:30	10:22:30	00:12:30	10:35:00	00:12:30	10:47:30	00:12:30	11:00:00	Lx Skippers II	CAQ	7
10:10:00	00:12:30	10:22:30	00:12:30	10:35:00	00:12:30	10:47:30	00:12:30	11:00:00	00:12:30	11:12:30	Alvide Acro Gym	SMSA	8
										11:20:00	CERIMÓNIA PROTOCOLAR 1-7		
10:32:30	00:12:30	10:45:00	00:12:30	10:57:30	00:12:30	11:10:00	00:12:30	11:22:30	00:12:30	11:35:00	Mixstica	SLB	9
10:45:00	00:12:30	10:57:30	00:12:30	11:10:00	00:12:30	11:22:30	00:12:30	11:35:00	00:12:30	11:47:30	Velutti	CAQ	10
10:57:30	00:12:30	11:10:00	00:12:30	11:22:30	00:12:30	11:35:00	00:12:30	11:47:30	00:12:30	12:00:00	Acrogym Enigmas	HCL	11
11:10:00	00:12:30	11:22:30	00:12:30	11:35:00	00:12:30	11:47:30	00:12:30	12:00:00	00:12:30	12:12:30	Mitos	CAQ	12
11:22:30	00:12:30	11:35:00	00:12:30	11:47:30	00:12:30	12:00:00	00:12:30	12:12:30	00:12:30	12:25:00	Acroteam Representação	CAA	13
11:35:00	00:12:30	11:47:30	00:12:30	12:00:00	00:12:30	12:12:30	00:12:30	12:25:00	00:12:30	12:37:30	MixUp	CAQ	14
11:47:30	00:12:30	12:00:00	00:12:30	12:12:30	00:12:30	12:25:00	00:12:30	12:37:30	00:12:30	12:50:00	Classe Especial	Colégio Valsassina	15
										13:10:00	CERIMÓNIA PROTOCOLAR 8-15		
										13:25:00	INTERVALO		
13:07:30	00:12:30	13:20:00	00:12:30	13:32:30	00:12:30	13:45:00	00:12:30	13:57:30	00:12:30	14:10:00	Projecto Gym é QE	AssQE	16
13:20:00	00:12:30	13:32:30	00:12:30	13:45:00	00:12:30	13:57:30	00:12:30	14:10:00	00:12:30	14:22:30	EuterpeTeam	SEA	17
13:32:30	00:12:30	13:45:00	00:12:30	13:57:30	00:12:30	14:10:00	00:12:30	14:22:30	00:12:30	14:35:00	Acrobática Iniciação	SCP	18
13:45:00	00:12:30	13:57:30	00:12:30	14:10:00	00:12:30	14:22:30	00:12:30	14:35:00	00:12:30	14:47:30	Representação	CDESR	19
13:57:30	00:12:30	14:10:00	00:12:30	14:22:30	00:12:30	14:35:00	00:12:30	14:47:30	00:12:30	15:00:00	Geckoes	CDRV-Rhythmic	20
14:10:00	00:12:30	14:22:30	00:12:30	14:35:00	00:12:30	14:47:30	00:12:30	15:00:00	00:12:30	15:12:30	Silhuetas	SLB	21
14:22:30	00:12:30	14:35:00	00:12:30	14:47:30	00:12:30	15:00:00	00:12:30	15:12:30	00:12:30	15:25:00	Acrobática Desenvolvimento	SCP	22
14:35:00	00:12:30	14:47:30	00:12:30	15:00:00	00:12:30	15:12:30	00:12:30	15:25:00	00:12:30	15:37:30	Acrodance	CDCRMF	23
										15:45:00	CERIMÓNIA PROTOCOLAR 16-22		



Acreditação	Duração	Balneários	Duração	Aquecimento 1 - Geral	Duração	Aquecimento 2 - Geral	Duração	Aquecimento 3 - Específico	Duração	Atuação	Classe	Clube	#
14:57:30	00:12:30	15:10:00	00:12:30	15:22:30	00:12:30	15:35:00	00:12:30	15:47:30	00:12:30	16:00:00	Atitudes	GCP	24
15:10:00	00:12:30	15:22:30	00:12:30	15:35:00	00:12:30	15:47:30	00:12:30	16:00:00	00:12:30	16:12:30	Wolves	CDESMT	25
15:22:30	00:12:30	15:35:00	00:12:30	15:47:30	00:12:30	16:00:00	00:12:30	16:12:30	00:12:30	16:25:00	Pré-Competição	GimnoFrielas	26
15:35:00	00:12:30	15:47:30	00:12:30	16:00:00	00:12:30	16:12:30	00:12:30	16:25:00	00:12:30	16:37:30	Linces	CDESMT	27
15:47:30	00:12:30	16:00:00	00:12:30	16:12:30	00:12:30	16:25:00	00:12:30	16:37:30	00:12:30	16:50:00	Mimanu	GCP	28
16:00:00	00:12:30	16:12:30	00:12:30	16:25:00	00:12:30	16:37:30	00:12:30	16:50:00	00:12:30	17:02:30	Shadows	CIMM	29
16:12:30	00:12:30	16:25:00	00:12:30	16:37:30	00:12:30	16:50:00	00:12:30	17:02:30	00:12:30	17:15:00	Kangurus	CDESMT	30
16:25:00	00:12:30	16:37:30	00:12:30	16:50:00	00:12:30	17:02:30	00:12:30	17:15:00	00:12:30	17:27:30	Spaceteam	ESGC	31
										17:35:00	CERIMÓNIA PROTOCOLAR 23-31		
										17:50:00	INTERVALO		
17:32:30	00:12:30	17:45:00	00:12:30	17:57:30	00:12:30	18:10:00	00:12:30	18:22:30	00:12:30	18:35:00	Nexteam	ESGC	32
17:45:00	00:12:30	17:57:30	00:12:30	18:10:00	00:12:30	18:22:30	00:12:30	18:35:00	00:12:30	18:47:30	Fénix	CIMM	33
17:57:30	00:12:30	18:10:00	00:12:30	18:22:30	00:12:30	18:35:00	00:12:30	18:47:30	00:12:30	19:00:00	Eagles & Kites	CDESMT	34
18:10:00	00:12:30	18:22:30	00:12:30	18:35:00	00:12:30	18:47:30	00:12:30	19:00:00	00:12:30	19:12:30	Sanuzah	FCA	35
18:22:30	00:12:30	18:35:00	00:12:30	18:47:30	00:12:30	19:00:00	00:12:30	19:12:30	00:12:30	19:25:00	Coyotes	CDESMT	36
18:35:00	00:12:30	18:47:30	00:12:30	19:00:00	00:12:30	19:12:30	00:12:30	19:25:00	00:12:30	19:37:30	Sementinha	ESGC	37
18:47:30	00:12:30	19:00:00	00:12:30	19:12:30	00:12:30	19:25:00	00:12:30	19:37:30	00:12:30	19:50:00	Gralhas	CDESMT	38
19:00:00	00:12:30	19:12:30	00:12:30	19:25:00	00:12:30	19:37:30	00:12:30	19:50:00	00:12:30	20:02:30	AcroTop	SAD	39
										20:10:00	CERIMÓNIA PROTOCOLAR 32-38		
19:22:30	00:12:30	19:35:00	00:12:30	19:47:30	00:12:30	20:00:00	00:12:30	20:12:30	00:12:30	20:25:00	Panthers	CDESMT	40
19:35:00	00:12:30	19:47:30	00:12:30	20:00:00	00:12:30	20:12:30	00:12:30	20:25:00	00:12:30	20:37:30	Seglas	SAD	41
19:47:30	00:12:30	20:00:00	00:12:30	20:12:30	00:12:30	20:25:00	00:12:30	20:37:30	00:12:30	20:50:00	Quokkas	CDESMT	42
20:00:00	00:12:30	20:12:30	00:12:30	20:25:00	00:12:30	20:37:30	00:12:30	20:50:00	00:12:30	21:02:30	Gymnalgés	SAD	43
20:12:30	00:12:30	20:25:00	00:12:30	20:37:30	00:12:30	20:50:00	00:12:30	21:02:30	00:12:30	21:15:00	Chitas	CDESMT	44
20:25:00	00:12:30	20:37:30	00:12:30	20:50:00	00:12:30	21:02:30	00:12:30	21:15:00	00:12:30	21:27:30	Ginástica de Grupo II	GimnoAnima	45
20:37:30	00:12:30	20:50:00	00:12:30	21:02:30	00:12:30	21:15:00	00:12:30	21:27:30	00:12:30	21:40:00	Fox	CDESMT	46
										21:50:00	CERIMÓNIA PROTOCOLAR 39-46		