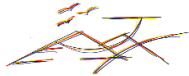

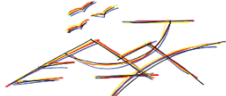
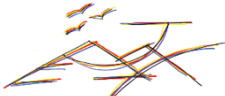
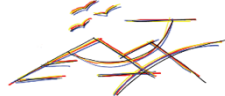
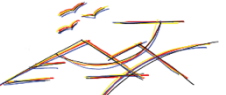
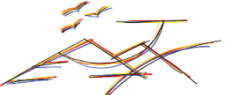
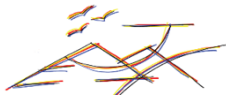
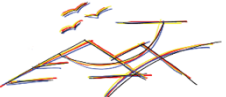

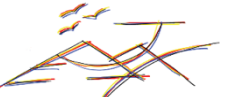

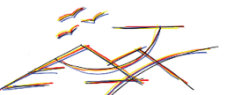
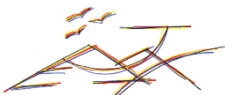

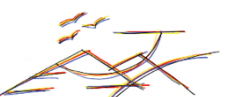
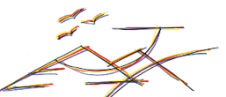
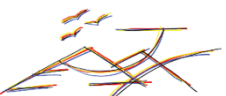


# DESPORTO ESCOLAR - HORÁRIOS - TREINOS

	Segunda	Terça	Quarta	Quinta	Sexta	
Voleibol		18h00/ 19h40			13h10/ 14h00	Prof. Fernando teixeira
Sobre-rodas (bicicletas)	13h15/ 14h05			12h40/ 14h20		Prof. António Antunes
Patinagem		13h30/ 14h20	13h15/ 14h05			Prof. António Antunes
Escola Ativa (várias atividades)				12h25/ 15h15		Prof. Conceição Ribeiro
Tênis Mesa	11h55/ 13h10 11h30/ 13h15		13h30/ 14h20	14h00/ 15h15		Prof. Renato / Prof. Conceição
Xadrez	11h10/ 14h00	13h10/ 17h00	8h10/ 9h00 12h25/ 14h00	12h25/ 14h00		Prof. João Martinho
<b>Clube DE</b>	Segunda	Terça	Quarta	Quinta	Sexta	<b>2022/2023</b>

Queres ter uma vida saudável? A prática desportiva fortalece o teu sistema imunitário! Pratica desporto! Cuida de ti!

Estás à espera de quê?! Increve-te junto do teu professor de Ed. Física!