

TREINOS NA SEMANA DE PROVA

TREINOS: 3ª. 4ª. FEIRAS

Categorias	Treino manhã	Treino tarde
Mirim / Cadete	08:00 – 08:35 hs	13:00 – 13:35 hs
Jr Menor	08:35 – 09:10 hs	13:35 – 14:10 hs
Junior	09:10 – 09:45 hs	14:10 – 14:45 hs
Graduados	09:45 – 10:20 hs	14:45 – 15:20 hs
Senior / Novatos	10:20 – 10:55 hs	15:20 – 15:55 hs
Shifter	10:55 – 11:30 hs	15:55 – 16:30 hs
Super Cadete	11:30 – 12:05 hs	16:30 – 17:05 hs