

Eventos Pavilhão GCO - Maio 2018

| | 30-abr Segunda-feira | 01-mai Terça-feira | 02-mai Quarta-feira | 03-mai Quinta-feira | 04-mai Sexta-feira | 05-mai Sábado | 06-mai Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|--|--|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | Andebol Juvenis GCO - Sassoeiros (09:00h) | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | Festa de aniversario 40 anos GCO | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | Andebol Juvenis GCO - Loures (16:00h) | Andebol Iniciados GCO - Loures (16:00h) |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | Festa de aniversario 40 anos GCO | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 07-mai Segunda-feira | 08-mai Terça-feira | 09-mai Quarta-feira | 10-mai Quinta-feira | 11-mai Sexta-feira | 12-mai Sábado | 13-mai Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|--|--|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | Andebol Feminino GCO - Andebol Sines (15:00h) | Hoquei Sub-13A GCO - Parede (15:00h) |
| 17:00h - 18:00h | | | | | | | Hoquei Sub-15 GCO - AJ Sales (16:30h) |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 14-mai Segunda-feira | 15-mai Terça-feira | 16-mai Quarta-feira | 17-mai Quinta-feira | 18-mai Sexta-feira | 19-mai Sábado | 20-mai Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|--|---|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | Hoquei Sub-15 GCO - Cascais (11:30h) |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | Andebol Infantil GCO - CSJ Brito (15:00h) | |
| 16:00h - 17:00h | | | | | | Hoquei Sub-13A GCO - Alenquer B (17:00h) | Curso Treinadores HP |
| 17:00h - 18:00h | | | | | | Hoquei Sub-13A GCO - Cascais (18:30h) | |
| 18:00h - 19:00h | | | | | | Hoquei Sub-17 GCO - Oeiras (20:00h) | Hoquei Sub-20 GCO - Stuart (20:30h) |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 21-mai Segunda-feira | 22-mai Terça-feira | 23-mai Quarta-feira | 24-mai Quinta-feira | 25-mai Sexta-feira | 26-mai Sábado | 27-mai Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|--|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | Andebol Juvenis GCO - Sassoeiros (20:30h) | |
| 23:00h - 23:30h | | | | | | | |

| | 28-mai Segunda-feira | 29-mai Terça-feira | 30-mai Quarta-feira | 31-mai Quinta-feira | 01-jun Sexta-feira | 02-jun Sábado | 03-jun Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

Hoquei em Patins

Andebol

Eventos Pavilhão GCO - Abril 2018

| | 02-abr Segunda-feira | 03-abr Terça-feira | 04-abr Quarta-feira | 05-abr Quinta-feira | 06-abr Sexta-feira | 07-abr Sábado | 08-abr Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|-------------------------------|-------------------|
| 08:00h - 09:00h | | | | | | Patinagem - Testes Distritais | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 09-abr Segunda-feira | 10-abr Terça-feira | 11-abr Quarta-feira | 12-abr Quinta-feira | 13-abr Sexta-feira | 14-abr Sábado | 15-abr Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 16-abr Segunda-feira | 17-abr Terça-feira | 18-abr Quarta-feira | 19-abr Quinta-feira | 20-abr Sexta-feira | 21-abr Sábado | 22-abr Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 23-abr Segunda-feira | 24-abr Terça-feira | 25-abr Quarta-feira | 26-abr Quinta-feira | 27-abr Sexta-feira | 28-abr Sábado | 29-abr Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 30-abr Segunda-feira |
|-----------------|-------------------------|
| 08:00h - 09:00h | |
| 09:00h - 10:00h | |
| 10:00h - 11:00h | |
| 11:00h - 12:00h | |
| 12:00h - 13:00h | |
| 13:00h - 14:00h | |
| 14:00h - 15:00h | |
| 15:00h - 16:00h | |
| 16:00h - 17:00h | |
| 17:00h - 18:00h | |
| 18:00h - 19:00h | |
| 19:00h - 20:00h | |
| 20:00h - 21:00h | |
| 21:00h - 22:00h | |
| 22:00h - 23:00h | |
| 23:00h - 23:30h | |

Hóquei em Patins

Andebol

Eventos Pavilhão GCO - Março 2018

| | 26-fev Segunda-feira | 27-fev Terça-feira | 28-fev Quarta-feira | 01-mar Quinta-feira | 02-mar Sexta-feira | 03-mar Sábado | 04-mar Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|--|---|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | Hoquei Sub-17 GCO - S Cita (15:30h) | Hoquei Sub-13B GCO - J. Ourinense (16:00h) |
| 16:00h - 17:00h | | | | | | Andebol Juvenis GCO - SJ Brito (18:00h) | |
| 17:00h - 18:00h | | | | | | Hoquei Sub-15 GCO - Oeiras (20:30h) | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 05-mar Segunda-feira | 06-mar Terça-feira | 07-mar Quarta-feira | 08-mar Quinta-feira | 09-mar Sexta-feira | 10-mar Sábado | 11-mar Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|---|--|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | Andebol Iniciados GCO - Benfica B (13:30h) | |
| 15:00h - 16:00h | | | | | | Andebol Feminino GCO - Ass Assomada (15:00h) | Hoquei Sub-13A GCO - Carregado (15:00h) |
| 16:00h - 17:00h | | | | | | Hoquei Sub-15 GCO - CIRTA (17:00h) | |
| 17:00h - 18:00h | | | | | | Hoquei Sub-20 GCO - Física (19:00h) | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | Futsal | |

| | 12-mar Segunda-feira | 13-mar Terça-feira | 14-mar Quarta-feira | 15-mar Quinta-feira | 16-mar Sexta-feira | 17-mar Sábado | 18-mar Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|---|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | Andebol Iniciados GCO - B Janeiro (15:00h) |
| 17:00h - 18:00h | | | | | | | Hoquei Sub-17 GCO - CRIAT T (17:00h) |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 19-mar Segunda-feira | 20-mar Terça-feira | 21-mar Quarta-feira | 22-mar Quinta-feira | 23-mar Sexta-feira | 24-mar Sábado | 25-mar Domingo |
|-----------------|-------------------------|-----------------------|---|------------------------|-----------------------|---|---------------------------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | Andebol Infantis GCO - Belenenses (15:00h) | |
| 17:00h - 18:00h | | | | | | Hoquei Sub-17 GCO - Sintra (17:00h) | |
| 18:00h - 19:00h | | | | | | Hoquei Sub-13A GCO - Oeiras (19:00h) | Hoquei Sub-20 GCO - Tojal (19:00h) |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | Andebol Juvenis GCO - Alverca (21:00h) | | | | |
| 21:00h - 22:00h | | | Hóquei em Patins - 22:30h - 23:30h | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 26-mar Segunda-feira | 27-mar Terça-feira | 28-mar Quarta-feira | 29-mar Quinta-feira | 30-mar Sexta-feira | 31-mar Sábado | 01-abr Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

Hóquei em Patins

Andebol

Eventos Pavilhão GCO - Fevereiro 2018

| | 29-jan Segunda-feira | 30-jan Terça-feira | 31-jan Quarta-feira | 01-fev Quinta-feira | 02-fev Sexta-feira | 03-fev Sábado | 04-fev Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 05-fev Segunda-feira | 06-fev Terça-feira | 07-fev Quarta-feira | 08-fev Quinta-feira | 09-fev Sexta-feira | 10-fev Sábado | 11-fev Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 12-fev Segunda-feira | 13-fev Terça-feira | 14-fev Quarta-feira | 15-fev Quinta-feira | 16-fev Sexta-feira | 17-fev Sábado | 18-fev Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 19-fev Segunda-feira | 20-fev Terça-feira | 21-fev Quarta-feira | 22-fev Quinta-feira | 23-fev Sexta-feira | 24-fev Sábado | 25-fev Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|------------------|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 26-fev Segunda-feira | 27-fev Terça-feira | 28-fev Quarta-feira |
|-----------------|-------------------------|-----------------------|------------------------|
| 08:00h - 09:00h | | | |
| 09:00h - 10:00h | | | |
| 10:00h - 11:00h | | | |
| 11:00h - 12:00h | | | |
| 12:00h - 13:00h | | | |
| 13:00h - 14:00h | | | |
| 14:00h - 15:00h | | | |
| 15:00h - 16:00h | | | |
| 16:00h - 17:00h | | | |
| 17:00h - 18:00h | | | |
| 18:00h - 19:00h | | | |
| 19:00h - 20:00h | | | |
| 20:00h - 21:00h | | | |
| 21:00h - 22:00h | | | |
| 22:00h - 23:00h | | | |
| 23:00h - 23:30h | | | |

Hóquei em Patins

Andebol

Eventos Pavilhão GCO - Janeiro 2018

| | 01-jan Segunda-feira | 02-jan Terça-feira | 03-jan Quarta-feira | 04-jan Quinta-feira | 05-jan Sexta-feira | 06-jan Sábado | 07-jan Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|---|--|---|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | Hoquei Sub-13 GCO - Cascais (16:00h) | Andebol Feminino GCO - Apresentação (15:00h) |
| 17:00h - 18:00h | | | | | | Hoquei Sub-17 GCO - Lourinha (18:00h) | Andebol Iniciados GCO - Sassoieiros (18:00h) |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | Hoquei Sub-20 GCO - HC Santiago (22:00h) | Futsal | |
| 23:00h - 23:30h | | | | | | | |

| | 08-jan Segunda-feira | 09-jan Terça-feira | 10-jan Quarta-feira | 11-jan Quinta-feira | 12-jan Sexta-feira | 13-jan Sábado | 14-jan Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|--|-------------------|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | Hoquei Sub-13 GCO - Alverca (14:00h) | |
| 16:00h - 17:00h | | | | | | Hoquei Sub-17 Andebol Juvenis GCO - Mafra (17:00h) | |
| 17:00h - 18:00h | | | | | | | |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | Futsal | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 15-jan Segunda-feira | 16-jan Terça-feira | 17-jan Quarta-feira | 18-jan Quinta-feira | 19-jan Sexta-feira | 20-jan Sábado | 21-jan Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|--|--|---|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | Andebol Infantis GCO - Sassoieiros (10:00h) | |
| 11:00h - 12:00h | | | | | | Andebol Juvenis GCO - Almoçageme (12:00h) | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | Hoquei Sub-13 GCO - VilaFranquense | Hoquei Sub-15 GCO - Salesiana (16:00h) |
| 17:00h - 18:00h | | | | | | Hoquei Sub-17 | Andebol Iniciados GCO - B Janeiro (18:00h) |
| 18:00h - 19:00h | | | | | | | Hoquei Sub-17 GCO - Nafarros (20:15h) |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | Hoquei Sub-20 GCO - Ouriense (22:00h) | | |
| 23:00h - 23:30h | | | | | | | |

| | 22-jan Segunda-feira | 23-jan Terça-feira | 24-jan Quarta-feira | 25-jan Quinta-feira | 26-jan Sexta-feira | 27-jan Sábado | 28-jan Domingo |
|-----------------|-------------------------|-----------------------|------------------------|------------------------|-----------------------|---|--|
| 08:00h - 09:00h | | | | | | | |
| 09:00h - 10:00h | | | | | | | |
| 10:00h - 11:00h | | | | | | | |
| 11:00h - 12:00h | | | | | | | |
| 12:00h - 13:00h | | | | | | | |
| 13:00h - 14:00h | | | | | | | |
| 14:00h - 15:00h | | | | | | | |
| 15:00h - 16:00h | | | | | | | |
| 16:00h - 17:00h | | | | | | Andebol Infantis GCO - SJ Brito (15:00h) | Hoquei Sub-15 GCO - Cascais (16:30h) |
| 17:00h - 18:00h | | | | | | | Hoquei Sub-13 GCO - SC Tomar (17:45h) |
| 18:00h - 19:00h | | | | | | | |
| 19:00h - 20:00h | | | | | | | |
| 20:00h - 21:00h | | | | | | Futsal | |
| 21:00h - 22:00h | | | | | | | |
| 22:00h - 23:00h | | | | | | | |
| 23:00h - 23:30h | | | | | | | |

| | 29-jan Segunda-feira | 30-jan Terça-feira | 31-jan Quarta-feira |
|-----------------|-------------------------|-----------------------|------------------------|
| 08:00h - 09:00h | | | |
| 09:00h - 10:00h | | | |
| 10:00h - 11:00h | | | |
| 11:00h - 12:00h | | | |
| 12:00h - 13:00h | | | |
| 13:00h - 14:00h | | | |
| 14:00h - 15:00h | | | |
| 15:00h - 16:00h | | | |
| 16:00h - 17:00h | | | |
| 17:00h - 18:00h | | | |
| 18:00h - 19:00h | | | |
| 19:00h - 20:00h | | | |
| 20:00h - 21:00h | | | |
| 21:00h - 22:00h | | | |
| 22:00h - 23:00h | | | |
| 23:00h - 23:30h | | | |

Hoquei em Patins

Andebol