

TELEVISÃO

TABELA E GRELHA DE BLOCOS

2025

Válida a partir de 01.01.2025

...medialivre

A decorative graphic on the right side of the page consists of a series of colored dots (yellow, orange, red, pink) arranged in a wave-like pattern that curves upwards and to the right. The dots are arranged in horizontal rows that are slightly offset from each other, creating a sense of depth and movement.



GRELHA DE BLOCOS E TABELA

(VÁLIDA A PARTIR DE 01-JAN-2025)

HORÁRIO		2ª Feira		3ª Feira		4ª Feira		5ª Feira		6ª Feira		Sábado		Domingo		HORÁRIO	
		BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB		
06	07	CMTVS06	T19	CMTVS06	T19	CMTVS06	T19	CMTVS06	T19	CMTVS06	T19	CMTVF06	T20	CMTVF06	T20	06	07
07	08	CMTVS07	T25	CMTVS07	T25	CMTVS07	T25	CMTVS07	T25	CMTVS07	T25	CMTVF07	T26	CMTVF07	T26	07	08
08	09	CMTVS08	T29	CMTVS08	T29	CMTVS08	T29	CMTVS08	T29	CMTVS08	T29	CMTVF08	T29	CMTVF08	T29	08	09
09	10	CMTVS09	T32	CMTVS09	T32	CMTVS09	T32	CMTVS09	T32	CMTVS09	T32	CMTVF09	T35	CMTVF09	T35	09	10
10	11	CMTVS10	T33	CMTVS10	T33	CMTVS10	T33	CMTVS10	T33	CMTVS10	T33	CMTVF10	T32	CMTVF10	T32	10	11
11	12	CMTVS11	T37	CMTVS11	T37	CMTVS11	T37	CMTVS11	T37	CMTVS11	T37	CMTVF11	T32	CMTVF11	T32	11	12
12	13	CMTVS12	T41	CMTVS12	T41	CMTVS12	T41	CMTVS12	T41	CMTVS12	T41	CMTVF12	T47	CMTVF12	T47	12	13
13	14	CMTVS13	T42	CMTVS13	T42	CMTVS13	T42	CMTVS13	T42	CMTVS13	T42	CMTVF13	T47	CMTVF13	T47	13	14
14	15	CMTVS14	T43	CMTVS14	T43	CMTVS14	T43	CMTVS14	T43	CMTVS14	T43	CMTVF14	T42	CMTVF14	T42	14	15
15	16	CMTVS15	T32	CMTVS15	T32	CMTVS15	T32	CMTVS15	T32	CMTVS15	T32	CMTVF15	T35	CMTVF15	T35	15	16
16	17	CMTVS16	T32	CMTVS16	T32	CMTVS16	T32	CMTVS16	T32	CMTVS16	T32	CMTVF16	T35	CMTVF16	T35	16	17
17	18	CMTVS17	T37	CMTVS17	T37	CMTVS17	T37	CMTVS17	T37	CMTVS17	T37	CMTVF17	T36	CMTVF17	T36	17	18
18	19	CMTVS18	T40	CMTVS18	T40	CMTVS18	T40	CMTVS18	T40	CMTVS18	T40	CMTVF18	T46	CMTVF18	T46	18	19
19	20	CMTVS19	T46	CMTVS19	T46	CMTVS19	T46	CMTVS19	T46	CMTVS19	T46	CMTVF19	T52	CMTVF19	T52	19	20
20	21	CMTVS20	T55	CMTVS20	T55	CMTVS20	T55	CMTVS20	T55	CMTVS20	T55	CMTVF20	T60	CMTVF20	T60	20	21
21	22	CMTVS21	T52	CMTVS21	T52	CMTVS21	T52	CMTVS21	T52	CMTVS21	T52	CMTVF21	T53	CMTVF21	T53	21	22
22	23	CMTVS22	T48	CMTVS22	T48	CMTVS22	T48	CMTVS22	T48	CMTVS22	T48	CMTVF22	T47	CMTVF22	T47	22	23
23	24	CMTVS23	T43	CMTVS23	T43	CMTVS23	T43	CMTVS23	T43	CMTVS23	T43	CMTVF23	T41	CMTVF23	T41	23	24
24	25	CMTVS24	T39	CMTVS24	T39	CMTVS24	T39	CMTVS24	T39	CMTVS24	T39	CMTVF24	T33	CMTVF24	T33	24	25
25	26	CMTVS25	T31	CMTVS25	T31	CMTVS25	T31	CMTVS25	T31	CMTVS25	T31	CMTVF25	T31	CMTVF25	T31	25	26
02	03	CMTVS02	T21	CMTVS02	T21	CMTVS02	T21	CMTVS02	T21	CMTVS02	T21	CMTVF02	T21	CMTVF02	T21	02	03
03	04	CMTVS03	T20	CMTVS03	T20	CMTVS03	T20	CMTVS03	T20	CMTVS03	T20	CMTVF03	T11	CMTVF03	T11	03	04
04	05	CMTVS04	T16	CMTVS04	T16	CMTVS04	T16	CMTVS04	T16	CMTVS04	T16	CMTVF04	T16	CMTVF04	T16	04	05
05	06	CMTVS05	T15	CMTVS05	T15	CMTVS05	T15	CMTVS05	T15	CMTVS05	T15	CMTVF05	T16	CMTVF05	T16	05	06





SINAIS HORÁRIOS

(VÁLIDA A PARTIR DE 01-JAN-2025)

HORÁRIO		2ª Feira		3ª Feira		4ª Feira		5ª Feira		6ª Feira		Sábado		Domingo		HORÁRIO	
		BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB		
06	07	SH06	T17	SH06	T17	SH06	T17	SH06	T17	SH06	T17	SH06	T14	SH06	T14	06	07
11	12	SH11	T34	SH11	T34	SH11	T34	SH11	T34	SH11	T34	SH11	T31	SH11	T31	11	12
13	14	SH13	T38	SH13	T38	SH13	T38	SH13	T38	SH13	T38	SH13	T46	SH13	T46	13	14
16	17	SH16	T31	SH16	T31	SH16	T31	SH16	T31	SH16	T31	SH16	T36	SH16	T36	16	17
20	21	SH20	T52	SH20	T52	SH20	T52	SH20	T52	SH20	T52	SH20	T56	SH20	T56	20	21





GRELHA DE BLOCOS E TABELA

(VÁLIDA A PARTIR DE 01-JAN-2025)

HORÁRIO		2ª Feira		3ª Feira		4ª Feira		5ª Feira		6ª Feira		Sábado		Domingo		HORÁRIO	
		BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB		
06	07	NEWS06	T03	NEWS06	T03	NEWS06	T03	NEWS06	T03	NEWS06	T03	NOWF06	T03	NOWF06	T03	06	07
07	08	NEWS07	T04	NEWS07	T04	NEWS07	T04	NEWS07	T04	NEWS07	T04	NOWF07	T04	NOWF07	T04	07	08
08	09	NEWS08	T04	NEWS08	T04	NEWS08	T04	NEWS08	T04	NEWS08	T04	NOWF08	T04	NOWF08	T04	08	09
09	10	NEWS09	T05	NEWS09	T05	NEWS09	T05	NEWS09	T05	NEWS09	T05	NOWF09	T06	NOWF09	T06	09	10
10	11	NEWS10	T06	NEWS10	T06	NEWS10	T06	NEWS10	T06	NEWS10	T06	NOWF10	T07	NOWF10	T07	10	11
11	12	NEWS11	T10	NEWS11	T10	NEWS11	T10	NEWS11	T10	NEWS11	T10	NOWF11	T10	NOWF11	T10	11	12
12	13	NEWS12	T15	NEWS12	T15	NEWS12	T15	NEWS12	T15	NEWS12	T15	NOWF12	T15	NOWF12	T15	12	13
13	14	NEWS13	T14	NEWS13	T14	NEWS13	T14	NEWS13	T14	NEWS13	T14	NOWF13	T14	NOWF13	T14	13	14
14	15	NEWS14	T08	NEWS14	T08	NEWS14	T08	NEWS14	T08	NEWS14	T08	NOWF14	T11	NOWF14	T11	14	15
15	16	NEWS15	T07	NEWS15	T07	NEWS15	T07	NEWS15	T07	NEWS15	T07	NOWF15	T09	NOWF15	T09	15	16
16	17	NEWS16	T08	NEWS16	T08	NEWS16	T08	NEWS16	T08	NEWS16	T08	NOWF16	T08	NOWF16	T08	16	17
17	18	NEWS17	T09	NEWS17	T09	NEWS17	T09	NEWS17	T09	NEWS17	T09	NOWF17	T09	NOWF17	T09	17	18
18	19	NEWS18	T16	NEWS18	T16	NEWS18	T16	NEWS18	T16	NEWS18	T16	NOWF18	T16	NOWF18	T16	18	19
19	20	NEWS19	T17	NEWS19	T17	NEWS19	T17	NEWS19	T17	NEWS19	T17	NOWF19	T17	NOWF19	T17	19	20
20	21	NEWS20	T17	NEWS20	T17	NEWS20	T17	NEWS20	T17	NEWS20	T17	NOWF20	T17	NOWF20	T17	20	21
21	22	NEWS21	T17	NEWS21	T17	NEWS21	T17	NEWS21	T17	NEWS21	T17	NOWF21	T17	NOWF21	T17	21	22
22	23	NEWS22	T14	NEWS22	T14	NEWS22	T14	NEWS22	T14	NEWS22	T14	NOWF22	T14	NOWF22	T14	22	23
23	24	NEWS23	T14	NEWS23	T14	NEWS23	T14	NEWS23	T14	NEWS23	T14	NOWF23	T14	NOWF23	T14	23	24
24	25	NEWS24	T11	NEWS24	T11	NEWS24	T11	NEWS24	T11	NEWS24	T11	NOWF24	T11	NOWF24	T11	24	25
25	26	NEWS25	T09	NEWS25	T09	NEWS25	T09	NEWS25	T09	NEWS25	T09	NOWF25	T09	NOWF25	T09	25	26
02	03	NEWS02	T03	NEWS02	T03	NEWS02	T03	NEWS02	T03	NEWS02	T03	NOWF02	T03	NOWF02	T03	02	03
03	04	NEWS03	T03	NEWS03	T03	NEWS03	T03	NEWS03	T03	NEWS03	T03	NOWF03	T03	NOWF03	T03	03	04
04	05	NEWS04	T03	NEWS04	T03	NEWS04	T03	NEWS04	T03	NEWS04	T03	NOWF04	T03	NOWF04	T03	04	05
05	06	NEWS05	T03	NEWS05	T03	NEWS05	T03	NEWS05	T03	NEWS05	T03	NOWF05	T03	NOWF05	T03	05	06



SINAIS HORÁRIOS

(VÁLIDA A PARTIR DE 01-JAN-2025)

HORÁRIO		2ª Feira		3ª Feira		4ª Feira		5ª Feira		6ª Feira		Sábado		Domingo		HORÁRIO	
		BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB	BLOCO	TAB		
06	07	NSH06	T03	NSH06	T03	NSH06	T03	NSH06	T03	NSH06	T03	NSH06	T03	NSH06	T03	06	07
07	08	NSH07	T04	NSH07	T04	NSH07	T04	NSH07	T04	NSH07	T04	NSH07	T04	NSH07	T04	07	08
08	09	NSH08	T04	NSH08	T04	NSH08	T04	NSH08	T04	NSH08	T04	NSH08	T04	NSH08	T04	08	09
09	10	NSH09	T05	NSH09	T05	NSH09	T05	NSH09	T05	NSH09	T05	NSH09	T06	NSH09	T06	09	10
10	11	NSH10	T06	NSH10	T06	NSH10	T06	NSH10	T06	NSH10	T06	NSH10	T07	NSH10	T07	10	11
11	12	NSH11	T10	NSH11	T10	NSH11	T10	NSH11	T10	NSH11	T10	NSH11	T10	NSH11	T10	11	12
12	13	NSH12	T15	NSH12	T15	NSH12	T15	NSH12	T15	NSH12	T15	NSH12	T15	NSH12	T15	12	13
13	14	NSH13	T14	NSH13	T14	NSH13	T14	NSH13	T14	NSH13	T14	NSH13	T14	NSH13	T14	13	14
15	16	NSH15	T07	NSH15	T07	NSH15	T07	NSH15	T07	NSH15	T07	NSH15	T09	NSH15	T09	15	16
16	17	NSH16	T08	NSH16	T08	NSH16	T08	NSH16	T08	NSH16	T08	NSH16	T08	NSH16	T08	16	17
17	18	NSH17	T09	NSH17	T09	NSH17	T09	NSH17	T09	NSH17	T09	NSH17	T09	NSH17	T09	17	18
18	19	NSH18	T16	NSH18	T16	NSH18	T16	NSH18	T16	NSH18	T16	NSH18	T16	NSH18	T16	18	19
19	20	NSH19	T17	NSH19	T17	NSH19	T17	NSH19	T17	NSH19	T17	NSH19	T17	NSH19	T17	19	20
20	21	NSH20	T17	NSH20	T17	NSH20	T17	NSH20	T17	NSH20	T17	NSH20	T17	NSH20	T17	20	21
22	23	NSH22	T14	NSH22	T14	NSH22	T14	NSH22	T14	NSH22	T14	NSH22	T14	NSH22	T14	22	23
23	24	NSH23	T14	NSH23	T14	NSH23	T14	NSH23	T14	NSH23	T14	NSH23	T14	NSH23	T14	23	24
24	25	NSH24	T11	NSH24	T11	NSH24	T11	NSH24	T11	NSH24	T11	NSH24	T11	NSH24	T11	24	25
25	26	NSH25	T09	NSH25	T09	NSH25	T09	NSH25	T09	NSH25	T09	NSH25	T09	NSH25	T09	25	26
02	03	NSH02	T03	NSH02	T03	NSH02	T03	NSH02	T03	NSH02	T03	NSH02	T03	NSH02	T03	02	03
03	04	NSH03	T03	NSH03	T03	NSH03	T03	NSH03	T03	NSH03	T03	NSH03	T03	NSH03	T03	03	04
04	05	NSH04	T03	NSH04	T03	NSH04	T03	NSH04	T03	NSH04	T03	NSH04	T03	NSH04	T03	04	05
05	06	NSH05	T03	NSH05	T03	NSH05	T03	NSH05	T03	NSH05	T03	NSH05	T03	NSH05	T03	20	21

