

Natação

Piscina Pequena

3^a/5^a Feira

4^a/6^a Feira

Início	Término	Início	Término
07:30 Hrs	08:00 Hrs	07:30 Hrs	08:00 Hrs
08:00 Hrs	08:30 Hrs	08:00 Hrs	08:30 Hrs
08:30 Hrs	09:00 Hrs	08:30 Hrs	09:00 Hrs
09:00 Hrs	09:30 Hrs	09:00 Hrs	09:30 Hrs
09:30 Hrs	10:00 Hrs	09:30 Hrs	10:00 Hrs
10:00 Hrs	10:30 Hrs	10:00 Hrs	10:30 Hrs
10:30 Hrs	11:00 Hrs	10:30 Hrs	11:00 Hrs
11:00 Hrs	11:30 Hrs	11:00 Hrs	11:30 Hrs
13:30 Hrs	14:00 Hrs	13:30 Hrs	14:00 Hrs
14:00 Hrs	14:30 Hrs	14:00 Hrs	14:30 Hrs
14:30 Hrs	15:00 Hrs	14:30 Hrs	15:00 Hrs
15:00 Hrs	15:30 Hrs	15:00 Hrs	15:30 Hrs
15:30 Hrs	16:00 Hrs	15:30 Hrs	16:00 Hrs
16:00 Hrs	16:30 Hrs	16:00 Hrs	16:30 Hrs
16:30 Hrs	17:00 Hrs	16:30 Hrs	17:00 Hrs
17:00 Hrs	17:30 Hrs	17:00 Hrs	17:30 Hrs
17:30 Hrs	18:00 Hrs	17:30 Hrs	18:00 Hrs
18:00 Hrs	18:30 Hrs	18:00 Hrs	18:30 Hrs
18:30 Hrs	19:00 Hrs	18:30 Hrs	19:00 Hrs
19:00 Hrs	19:30 Hrs	19:00 Hrs	19:30 Hrs

Piscina Grande

3^a/5^a Feira

4^a/6^a Feira

Início	Término	Início	Término
07:15 Hrs	08:00 Hrs	07:15 Hrs	08:00 Hrs
08:00 Hrs	08:45 Hrs	08:00 Hrs	08:45 Hrs
08:45 Hrs	09:30 Hrs	08:45 Hrs	09:30 Hrs
09:30 Hrs	10:15 Hrs	09:30 Hrs	10:15 Hrs
10:15 Hrs	11:00 Hrs	10:15 Hrs	11:00 Hrs
11:00 Hrs	11:45 Hrs	11:00 Hrs	11:45 Hrs
13:15 Hrs	14:00 Hrs	13:15 Hrs	14:00 Hrs
14:00 Hrs	14:45 Hrs	14:00 Hrs	14:45 Hrs
14:45 Hrs	15:30 Hrs	14:45 Hrs	15:30 Hrs
15:30 Hrs	16:15 Hrs	15:30 Hrs	16:15 Hrs
16:15 Hrs	17:00 Hrs	16:15 Hrs	17:00 Hrs
17:00 Hrs	17:45 Hrs	17:00 Hrs	17:45 Hrs
17:45 Hrs	18:30 Hrs	17:45 Hrs	18:30 Hrs
18:30 Hrs	19:15 Hrs	18:30 Hrs	19:15 Hrs
19:15 Hrs	20:00 Hrs	19:15 Hrs	20:00 Hrs
20:00 Hrs	20:45 Hrs	20:00 Hrs	20:45 Hrs



Hidroginástica

3ª/5ª Feira

4ª/6ª Feira

Início	Término	Início	Término
07:00 Hrs	07:45 Hrs	07:00 Hrs	07:45 Hrs
08:00 Hrs	08:45 Hrs	08:00 Hrs	08:45 Hrs
09:00 Hrs	09:45 Hrs	09:00 Hrs	09:45 Hrs
10:00 Hrs	10:45 Hrs	10:00 Hrs	10:45 Hrs
11:00 Hrs	11:45 Hrs	11:00 Hrs	11:45 Hrs
13:00 Hrs	13:45 Hrs	13:00 Hrs	13:45 Hrs
14:00 Hrs	14:45 Hrs	14:00 Hrs	14:45 Hrs
15:00 Hrs	15:45 Hrs	15:00 Hrs	15:45 Hrs
16:00 Hrs	16:45 Hrs	16:00 Hrs	16:45 Hrs
17:00 Hrs	17:45 Hrs	17:00 Hrs	17:45 Hrs
18:00 Hrs	18:45 Hrs	18:00 Hrs	18:45 Hrs
18:45 Hrs	19:30 Hrs	18:45 Hrs	19:30 Hrs
19:30 Hrs	20:15 Hrs	19:30 Hrs	20:15 Hrs
20:15 Hrs	21:00 Hrs	20:15 Hrs	21:00 Hrs

Professores: Beatriz, Elisabete, Erica, Fabio, Hellen, Jéssica, Nilza,
Patricia