

HORÁRIO ADULTO

Iniciante	Intermediário	Avançado	Hidro	G.A.
SEGUNDA E QUARTA				
	06:15	06:15		
	07:00	07:00		
	07:45	07:45	08:15	
08:30	08:30	08:30	09:00	
10:45	10:45	10:45	10:45	
	11:30	11:30		
12:15	12:15	12:15		
	13:00	13:00		
	13:45	13:45		
16:45	16:45	16:45		
	17:30	17:30		
	19:00	19:00	19:00	
	19:45	19:45	19:45	
20:30	20:30	20:30		
TERÇA E QUINTA				
	06:15	06:15		
07:00	07:00	07:00		
07:45	07:45	07:45	07:45	
08:30	08:30	08:30		
10:45	10:45	10:45		
11:30	11:30	11:30	11:30	12:30
13:45	13:45	13:45		
16:45	16:45	16:45		
	18:15			
19:00 (PM)	19:00	19:00	18:15	
	19:45	19:45	19:45	
20:30	20:30	20:30		
21:15	21:15	21:15		
SEXTA				
	06:15	06:15		
	07:00	07:00		
	07:45	07:45		
08:30	08:30	08:30	08:15	
09:15				
	10:45	10:45		
	11:30	11:30		
16:45	16:45	16:45		
	17:30	17:30		
18:15	18:15	18:15		
	19:00	19:00	19:00	
19:45	19:45	19:45		
SÁBADO				
	07:00	07:00		
	07:45	07:45		
08:30	08:30	08:30		
10:45		11:45	11:00 (PG) **	