

	2.ªFeira	3.ªFeira	4.ªFeira	5.ªFeira	6.ªFeira	Sábado	Domingo
07H45 08H30	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS		
08H30 09H15		AQUAFITNESS		AQUAFITNESS			
09H30 10H15							
10H15 11H00						AQUAFITNESS (10:30)	AQUAFITNESS (10:30)
11H00 11H45							
11H45 12H30							
12H30 13H15		AQUAFITNESS		AQUAFITNESS			
13H15 14H00	AQUAFITNESS	AQUAFITNESS DEEP	AQUAFITNESS	AQUAFITNESS DEEP	AQUAFITNESS		
HIGIENIZAÇÃO GERAL							
15H15 16H00							
16H00 16H45							
16H45 17H30		AQUAFITNESS		AQUAFITNESS			
17H30 18H15							
18H15 19H00							
19H00 19H45	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
19H45 20H30		AQUAFITNESS		AQUAFITNESS			
20H30 21H15	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS		

