



HORÁRIO PISCINA LIVRE 2018-2019

| HORAS PISTAS | 2ª. FEIRA | | | | | 3ª. FEIRA | | | | | 4ª. FEIRA | | | | | 5ª. FEIRA | | | | | 6ª. FEIRA | | | | | SÁBADO | | | | | HORAS PISTAS |
|-----------------|-----------|---|-----------|-----|----|-----------|---|-----------|---|----|-----------|---|-----------|---|----|-----------|---|-----------|---|----|-----------|---|---|---|---|--------|---|-----------|---|-----------|-----------------|
| | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | |
| 8,00-8,30 | | | NAT.LIVRE | | | | | NAT.LIVRE | | | | | NAT.LIVRE | | | | | NAT.LIVRE | | | | | | | | | | | | | 8,00-8,45 |
| 8,30-8,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | NAT.LIVRE | | 8,45-9,30 | |
| 8,45-9,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | NL | 9,30-10,00 |
| 9,15-9,30 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 10,00-10,45 |
| 9,30-9,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 10,45-11,30 |
| 9,45-10,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 11,30-12,15 |
| 10,00-10,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 12,15-13,00 |
| 10,15-10,30 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 13,00-14,00 |
| 10,30-10,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 14,00-14,45 |
| 10,45-11,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 14,45-15,00 |
| 11,00-11,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 15,00-15,45 |
| 11,15-11,30 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 15,45-16,30 |
| 11,30-11,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 16,30-17,15 |
| 11,45-12,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 17-15-18,00 |
| 12,00-12,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 18,00-18,45 |
| 12,15-13,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 18,45-19,30 |
| 13,00-13,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 19,30-20,15 |
| 13,15-13,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 20,15-21,00 |
| 13,45-14,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | 21,00-21,45 |
| 14,00-14,45 | | | | NLE | | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 14,45-15,00 | | | | NLE | | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 15,00-15,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 15,45-16,30 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 16,30-17,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 17-15-18,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 18,00-18,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 18,45-19,30 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 19,30-20,15 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 20,15-21,00 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |
| 21,00-21,45 | | | | | NL | | | | | NL | | | | | NL | | | | | NL | | | | | | | | | | | ENCERRADO |

NL - Natação Livre

NLE - Natação Livre Especial