

## MAPA DE AULAS DE HIDROGINÁSTICA 2024/ 2025

**PISCINA MUNICIPAL DE PAÇOS DE FERREIRA**

| INÍCIO | ÉRMINO | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SÁBADO | DOMINGO |
|--------|--------|---------|-------|--------|--------|-------|--------|---------|
| 08:00  | 08:40  |         |       |        |        |       |        | ENC     |
| 08:40  | 09:20  | HG      |       |        | HG     |       | HG     |         |
| 09:20  | 10:00  | HG      | HG    |        | HG     | HG    |        | HG      |
| 10:00  | 10:40  |         |       |        |        |       |        |         |
| 10:40  | 11:20  |         |       |        |        |       |        |         |
| 11:20  | 12:00  |         |       |        |        |       |        |         |
| 12:00  | 12:40  |         |       |        |        |       | HG     |         |
| 12:40  | 13:20  |         |       |        |        |       |        | ENC     |
| 13:20  | 14:00  |         |       |        |        |       |        | ENC     |
| 14:00  | 14:40  |         |       |        |        |       |        | ENC     |
| 14:40  | 15:20  |         |       |        |        |       |        | ENC     |
| 15:20  | 16:00  | HG      |       | HG     |        |       |        | ENC     |
| 16:00  | 16:40  |         |       |        |        |       |        | ENC     |
| 16:40  | 17:20  |         |       |        |        |       |        | ENC     |
| 17:20  | 18:00  |         | HG    |        |        | HG    | HG     | ENC     |
| 18:00  | 18:40  |         |       |        |        |       |        | ENC     |
| 18:40  | 19:20  |         | HG    |        |        | HG    |        | ENC     |
| 19:20  | 20:00  |         |       | HG     |        |       |        | ENC     |
| 20:00  | 20:40  | HG      |       |        | HG     |       |        | ENC     |
| 20:40  | 21:20  |         | HG    | HG     |        | HG    |        | ENC     |
| 21:20  | 22:00  | HG      | HG    | HG     | HG     | HG    |        | ENC     |

**PISCINA MUNICIPAL DE FREAMUNDE**

| INÍCIO | ÉRMINO | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SÁBADO | DOMINGO |
|--------|--------|---------|-------|--------|--------|-------|--------|---------|
| 08:00  | 08:40  |         |       |        |        |       |        | ENC     |
| 08:40  | 09:20  |         | HG    |        |        | HG    | HG     |         |
| 09:20  | 10:00  |         |       |        |        |       | HG     | HG      |
| 10:00  | 10:40  |         |       |        |        |       |        |         |
| 10:40  | 11:20  |         |       |        |        |       |        |         |
| 11:20  | 12:00  |         |       |        |        |       |        |         |
| 12:00  | 12:40  | ENC     | ENC   | ENC    | ENC    | ENC   |        |         |
| 12:40  | 13:20  | ENC     | ENC   | ENC    | ENC    | ENC   | ENC    | ENC     |
| 13:20  | 14:00  | ENC     | ENC   | ENC    | ENC    | ENC   | ENC    | ENC     |
| 14:00  | 14:40  |         |       |        |        |       | ENC    | ENC     |
| 14:40  | 15:20  |         |       |        |        |       |        | ENC     |
| 15:20  | 16:00  | HG      |       |        | HG     |       |        | ENC     |
| 16:00  | 16:40  | HG      |       |        | HG     |       |        | ENC     |
| 16:40  | 17:20  |         |       |        |        |       | HG     | ENC     |
| 17:20  | 18:00  |         |       |        |        |       |        | ENC     |
| 18:00  | 18:40  |         |       |        |        |       |        | ENC     |
| 18:40  | 19:20  |         |       |        |        |       | ENC    | ENC     |
| 19:20  | 20:00  |         | HG    |        |        | HG    | ENC    | ENC     |
| 20:00  | 20:40  | HG      | HG    | HG     | HG     | HG    | ENC    | ENC     |
| 20:40  | 21:20  | HG      | HG    | HG     | HG     | HG    | ENC    | ENC     |
| 21:20  | 22:00  | HG      | HG    |        | HG     | HG    | ENC    | ENC     |