

SCHEDULES 2020.2021 | HYDROTHERAPY

REHABILITATION

Monday and Wednesday	Monday and Friday	Tuesday and Thursday
08H00 08H45 10H15 15H30 16H15 17H00	12H45 14H15 19H30 20H15	08H00 08H45 09H30 10H15 11H00 13H30 16H15 17H00 17H50

POSTURAL CORRECTION

Monday and Wednesday	Monday and Friday	Tuesday and Thursday
09H30 11H00	12H00 13H30 17H50 18H40	08H45 12H00 14H15 15H30 19H30 20H15

CLINICAL PILATES

Monday and Wednesday	Monday Wednesday and Friday	Monday and Friday	Tuesday and Thursday
12H45 17H50 18H40	19H30 20H20	17H00	12H45 17H00 17H50 18H40 19H25 20H20

THERAPEUTIC SWIMMING

Monday and Wednesday	Tuesday and Thursday	Saturday
20H15	19H30 20H15	13H10

PRE-BIRTH

Tuesday and Thursday
12H45 18H40

LAST UPDATE: SEPTEMBER 23

NOTE: ENROLLMENT TO THESE ACTIVITIES ASSUMES A PREVIOUS DIAGNOSTIC ASSESSMENT (except Pre-birth).
If you want to schedule this moment, send an email to piscina.jamor@ipdj.pt