

## SCHEDULES 2020.2021 | HYDROTHERAPY

### REHABILITATION

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

### POSTURAL CORRECTION

Monday and Wednesday	Monday and Friday	Tuesday and Thursday
<del>09H30</del>   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   <del>19H25</del>   20H20

### THERAPEUTIC SWIMMING

Monday and Wednesday	Tuesday and Thursday	Saturday
20H15	<del>19H30</del>   20H15	<del>13H10</del>

### PRE-BIRTH

Tuesday and Thursday
12H45   <del>18H40</del>

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](mailto:piscina.jamor@ipdj.pt)