

	Segunda	Terça	Quarta	Quinta	Sexta
8:30-9:15					PORT 12°C 4.4
9:15-10:00		PORT 12°C 4.8			
10:15-11:00	PORT 12°C 4.8				
11:00-11:45					
11:55-12:40	PORT 12°C 4.4	PORT 12°C 4.4	PORT 11°C 4.1		PORT 12°C 4.8
12:40-13:25					
13:40-14:25					
14:25-15:10			TC		
15:20-16:05	PORT 11°C 2.10				
16:05-16:50					
17:00-17:45					
17:45-18:30					