

NUOTO BABY	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
A PARTIRE DA 4 CORSO DI GALLEGGIAMENTO	15:30 > 16:15	15:30 > 16:15	15:30 > 16:15	15:30 > 16:15	15:30 > 16:15	15:30 > 16:15
	16:15 > 17:00	16:15 > 17:00	16:15 > 17:00	16:15 > 17:00	16:15 > 17:00	16:15 > 17:00
	17:00 > 17:45	17:00 > 17:45	17:00 > 17:45	17:00 > 17:45	17:00 > 17:45	17:00 > 17:45
	17:45 > 18:30	17:45 > 18:30	17:45 > 18:30	17:45 > 18:30	17:45 > 18:30	17:45 > 18:30
NUOTO RAGAZZI	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
A PARTIRE DAI 6 FINO A 17 ANNI	15:50 > 16:40	15:50 > 16:40	15:50 > 16:40	15:50 > 16:40	15:50 > 16:40	15:50 > 16:40
	16:40 > 17:30	16:40 > 17:30	16:40 > 17:30	16:40 > 17:30	16:40 > 17:30	16:40 > 17:30
	17:30 > 18:20	17:30 > 18:20	17:30 > 18:20	17:30 > 18:20	17:30 > 18:20	17:30 > 18:20
	18:20 > 19:10	18:20 > 19:10	18:20 > 19:10	18:20 > 19:10	18:20 > 19:10	18:20 > 19:10
NUOTO ADULTI	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
(A PARTIRE DAI 18 ANNI) TURNI MATTUTINI	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00
	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50
	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40
	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30
	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20
	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10
	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00
	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50
TURNI SERALI	19:10 > 20:00	19:10 > 20:00	19:10 > 20:00	19:10 > 20:00	19:10 > 20:00	
	20:00 > 20:50	20:00 > 20:50	20:00 > 20:50	20:00 > 20:50	20:00 > 20:50	
	20:50 > 21:40	20:50 > 21:40	20:50 > 21:40	20:50 > 21:40	20:50 > 21:40	
NUOTO LIBERO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
(A PARTIRE DAI 18 ANNI) TURNI MATTUTINI	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00	08:10 > 09:00
	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50	09:00 > 09:50
	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40	09:50 > 10:40
	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30	10:40 > 11:30
	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20	11:30 > 12:20
	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10	12:20 > 13:10
	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00	13:10 > 14:00
	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50	14:00 > 14:50
TURNI SERALE	20:50 > 21:40	20:50 > 21:40	20:50 > 21:40	20:50 > 21:40	20:50 > 21:40	
GIORNI BABY NUOTO > Lunedì e Venerdì , Martedì e Giovedì , Mercoledì e Sabato						
GIORNI NUOTO RAGAZZI - ADULTI - NUOTO LIBERO > Lunedì Mercoledì & Venerdì oppure Martedì Giovedì & Sabato						
ANFRA SPORT CLUB via Marie Curie, 25 80010 Quarto (NA) - Tel 0818768504 Mail info@anfrasportclub.it						

