# GRAFIK OBOWIĄZUJE W TERMINIE OD 12.01 DO ODWOŁANIA

## *INFORMUJEMY, ŻE W NASTĘPUJĄCYCH TERMINACH PONIŻSZE TORY PŁYWALNI PODLEGAJĄ REZERWACJI:*

- TOR JEST DOSTĘPNY
- TOR PODLEGA REZEWACJI - SZKOŁY
- TOR PODLEGA REZERWACJI - NAUKA PŁYWANIA
- TOR PODLEGA REZERWACJI, JEST WYŁĄCZONY Z OGÓLNEGO DOSTĘPU
- TOR PODLEGA REZERWACJI - ZEWNĘTRZNE SZKOŁY PŁYWANIA
- TOR PODLEGA REZERWACJI - AQUA POWER
- TOR PODLEGA REZERWACJI - AQUA TABTA
- TOR PODLEGA REZERWACJI - AQUA-ZUMBA
- TOR PODLEGA REZERWACJI - AQUA-AEROBIC

| NUMERY TORÓW | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 |
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| GODZINY/ DNI | PONIEDZIAŁEK | | | | | | WTOREK | | | | | | ŚRODA | | | | | | CZWARTEK | | | | | | PIĄTEK | | | | | | SOBOTA | | | | | | NIEDZIELA | | | | | |
| 6:15 - 7:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00 - 7:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 - 8:30 | | | | | | | AEROBIC | | | | | | TABATA | | | | | | AEROBIC | | | | | | TABATA | | | | | | | | | | | | | | | | | |
| 8:30 - 9:15 | | | | | | | TABATA | | | | | | AEROBIC | | | | | | TABATA | | | | | | AEROBIC | | | | | | | | | | | | | | | | | |
| PRZERWA TECHNOLOGICZNA 15 MINUTOWA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 - 10:15 | AEROBIC | | | | | | 9:15 MUZYCZNA | | | | | | | | | | | | | | | | | | | | | | CAS | | AEROBIC | | | | | | AEROBIC | | | | | |
| 10:15 - 11:00 | TABATA | | | | CAS | | | | | | CAS | | | | | | | | CAS AQUA | | | | | | | | | | CAS | | A.POWER | | | | | | A.POWER | | | | | |
| 11:00 - 11:45 | PRUSY | | | | | | WTZ | | | | | | | | | | | | CAS AQUA | | | | | | | | | | CAS | | | | | | | | | | | | | |
| 11:45 - 12:30 | SP.87 | | | | | | | | | | | | | | | | CAS | | | | | | | | | | | | | | SF | | | | | mops | | | | | | |
| 12:30 - 13:15 | | | | | CAS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | SF | | | | | | |
| 13:15 - 14:00 | | | | | | | JAŃSKI | | | | | | JAŃSKI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 - 14:45 | | | | | | | SSP 3 | | | | | | | | | | | | 14:15 VITA | | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 - 15:30 | | | | | | | | | | | | | M | | | | | M | P46 | | | | | P46 | P46 | | | | | P46 | | | | | | | | | | | | |
| 15:30 - 16:15 | | | | | | | | | | | | | M | | | | | M | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:15 - 17:00 | SPOT | | | | | | | | | | | | | | | | | M | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 17:45 | | | | | | | M | MB | MB | | | IP | | | | | M | M | M | M | M | | | | | | | | IP | IP | | | | | | | AEROBIC | | | | | |
| 17:45 - 18:30 | | SPR | SPOT | | | | M | MB | MB | | | IP | | SPR | | | M | M | M | M | M | | | | | SPR | | | | | | | | | | | A.POWER | | | | | |
| PRZERWA TECHNOLOGICZNA 15 MINUTOWA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 - 19:30 | AEROBIC | SPR | | MB | | | AEROBIC | | | | | | AEROBIC | | SPR | | | | AEROBIC | | | | | | AEROBIC | | SPR | | | | | | | | | | | | | | | |
| 19:30 - 20:15 | TABATA | | | MB | | | TABATA | | R | MB | | | TABATA | | | | SF | | TABATA | | | | | | TABATA | | | | | | | | | | | | | | | | | |
| 20:15 - 21:00 | AEROBIC | | | | | | AEROBIC | | | | | | AEROBIC | | | | | P | AEROBIC | | | | | | AEROBIC | | | | | | | | | | | | | | | | | |
| 21:00 - 21:45 | TABATA | | | | | | TABATA | | | | | | TABATA | | | | | | TABATA | | | | | | | | | | | | | | | | | | | | | | | |
| 21:45 - 22:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |