

Poniedziałek II SEMESTR

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja | |
|---------------|---|-------|----------------------|----------------------|---------------------------------|--|-----------|--|
| 6.00 – 6.15 | | | | klienci indywidualni | | | | |
| 6.15 – 6.30 | | | | | | | | |
| 6.30 – 6.45 | | | | | | | | |
| 6.45 – 7.00 | | | | | | | | |
| 7.00 – 7.15 | | | | | | | | |
| 7.15 – 7.30 | | | | | | | | |
| 7.30 – 7.45 | | | | | | | | |
| 7.45 – 8.00 | | | | | | | | |
| 8.00 – 8.15 | SP Wólka Radzywińska kl.1-10 osób / kl.2-14 osób kl.3-15 osób | | | | | SP Stanisławów kl.4b(sport)- 13 osób | | |
| 8.15 – 8.30 | | | | | | | | |
| 8.30 – 8.45 | | | | | | | | |
| 8.45 – 9.00 | | | | | | | | |
| 9.00 – 9.15 | SP Białobrzegi kl.5 - 13 osób kl.6 - 19 osoby | | | | | | | |
| 9.15 – 9.30 | | | | | | | | |
| 9.30 – 9.45 | | | | | | | | |
| 9.45 – 10.00 | | | | | | | | |
| 10.00 – 10.15 | SP Białobrzegi kl.7 - 23 osoby | | | | | SP Stanisławów kl.1a-25 osób | | |
| 10.15 – 10.30 | | | | | | | | |
| 10.30 – 10.45 | | | | | | | | |
| 10.45 – 11.00 | SP Józefów kl.1a - 21 osób kl.2a - 25 osób | | | | | | | |
| 11.00 – 11.15 | | | | | | | | |
| 11.15 – 11.30 | | | | | | | | |
| 11.30 – 11.45 | | | | | | | | |
| 11.45 – 12.00 | | | | | SP Józefów kl.1a - 21 osób | | | |
| 12.00 – 12.15 | SP Józefów kl.4c - 23 osoby | | | | SP Stanisławów kl.2a-13 osób | | | |
| 12.15 – 12.30 | | | | | | | | |
| 12.30 – 12.45 | | | | | | | | |
| 12.45 – 13.00 | SP Józefów kl.3a - 24 osoby | | | | | | | |
| 13.00 – 13.15 | | | | | | | | |
| 13.15 – 13.30 | | | | | | | | |
| 13.30 – 13.45 | | | | | | | | |
| 13.45 – 14.00 | SP Józefów kl.6a - 19 osób kl.7a - 22 osoby | | | | | | | |
| 14.00 – 14.15 | | | | | | | | |
| 14.15 – 14.30 | | | | | | | | |
| 14.30 – 14.45 | | | | | | | | |
| 14.45 – 15.00 | | | | | | | | |
| 15.00 – 15.15 | | | | | | | | |
| 15.15 – 15.30 | | | | | | | | |
| 15.30 – 15.45 | UKS Fala Nieporęt sekcja pływania | | | | Milenium | Milenium | Milenium | |
| 15.45 – 16.00 | | | | | | | | |
| 16.00 – 16.15 | | | | | | | | |
| 16.15 – 16.30 | UKS Fala Nieporęt sekcja pływania | | | | | | | |
| 16.30 – 16.45 | | | | | | | | |
| 16.45 – 17.00 | | | | | | | | |
| 17.00 – 17.15 | | | | | | | | |
| 17.15 – 17.30 | | | | | More of life | | | |
| 17.30 – 17.45 | Nemo | | klienci indywidualni | | | | | |
| 17.45 – 18.00 | | Nemo | | | | | | |
| 18.00 – 18.15 | Nemo | | | | | | | |
| 18.15 – 18.30 | | Nemo | | | | | | |
| 18.30 – 18.45 | Nemo | | | | | | | |
| 18.45 – 19.00 | | Nemo | | | | | | |
| 19.00 – 19.15 | | | | | More of life | | | |
| 19.15 – 19.30 | | | | | | | | |
| 19.30 – 19.45 | Nemo | Nemo | | | | More of life | | |
| 19.45 – 20.00 | | | | | | | | |
| 20.00 – 20.15 | | | | | | | | |
| 20.15 – 20.30 | | | | | | More of life | | |
| 20.30 – 20.45 | Aqua | Nemo | | | | | | |
| 20.45 – 21.00 | | | | | | | | |
| 21.00 – 21.15 | | | | | | | | |
| 21.15 – 21.30 | | | | | | | | |
| 21.30 – 21.45 | | | | | | | | |
| 21.45 – 22.00 | | | | | | | | |

Wtorek II SEMESTR

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja | | | |
|---------------|--|-------------------------|----------------------|----------------------|--|-------------------------------|------------------------|------------------------|--|--|
| 6.00 – 6.15 | | | | klienci indywidualni | | | | | | |
| 6.15 – 6.30 | | | | | | | | | | |
| 6.30 – 6.45 | | | | | | | | | | |
| 6.45 – 7.00 | | | | | | | | | | |
| 7.00 – 7.15 | | | | | | | | | | |
| 7.15 – 7.30 | | | | | | | | | | |
| 7.30 – 7.45 | | | | | | | | | | |
| 7.45 – 8.00 | | | | | | | | | | |
| 8.00 – 8.15 | SP Józefów kl.4a - 21 osób kl.4b - 21 osób | | | | | | | | | |
| 8.15 – 8.30 | | | | | | | | | | |
| 8.30 – 8.45 | | | | | SP Stanisławów kl.4b (sport + ogólna) 23 osoby | | | | | |
| 8.45 – 9.00 | | | | | | | | | | |
| 9.00 – 9.15 | | | | | | | | | | |
| 9.15 – 9.30 | | | | | | | | | | |
| 9.30 – 9.45 | | | | | | | | | | |
| 9.45 – 10.00 | | | | | | | | | | |
| 10.00 – 10.15 | Sp Izabelin kl.2 -17 osób kl.4a - 21 osób | | | | | SP Stanisławów 4a- 12 osób | SP Łajski PRYWATNIE | SP Łajski PRYWATNIE | | |
| 10.15 – 10.30 | | | | | | | | | | |
| 10.30 – 10.45 | | | | | | | | | | |
| 10.45 – 11.00 | | | | | | | | | | |
| 11.00 – 11.15 | Level Up | | | | SP Józefów kl.1c - 19 osób kl.3b - 16 osób | | | | | |
| 11.15 – 11.30 | | | | | | | | | | |
| 11.30 – 11.45 | | | | | | | | | | |
| 11.45 – 12.00 | | | | | | | | | | |
| 12.00 – 12.15 | Sp Izabelin kl.3a -22 osoby kl.3b - 23 osoby | | | | | | | | | |
| 12.15 – 12.30 | | | | | | | | | | |
| 12.30 – 12.45 | | | | | | | | | | |
| 12.45 – 13.00 | | | | | | | | | | |
| 13.00 – 13.15 | Nieporęt - prywatnie | | | | Sp Izabelin kl.1a -9 osób kl.1b - 15 osób | | | | | |
| 13.15 – 13.30 | | | | | | | | | | |
| 13.30 – 13.45 | | | | | | | | | | |
| 13.45 – 14.00 | | | | | | | | | | |
| 14.00 – 14.15 | SP Józefów kl.5a - 26 osób | | | | | | | | | |
| 14.15 – 14.30 | | | | | | | | | | |
| 14.30 – 14.45 | | | | | | | | | | |
| 14.45 – 15.00 | | | | | | | | | | |
| 15.00 – 15.15 | | | | | | | | | | |
| 15.15 – 15.30 | | | | | | | | | | |
| 15.30 – 15.45 | UKS Fala Nieporęt sekcja pływania | | | | | | | | | |
| 15.45 – 16.00 | | | | INSPIRACJA | | | | | | |
| 16.00 – 16.15 | | | | | INSPIRACJA | | | | | |
| 16.15 – 16.30 | | | | | | | | | | |
| 16.30 – 16.45 | UKS Fala Nieporęt sekcja pływania | | | | Level Up | Level Up | | | | |
| 16.45 – 17.00 | | | | | | | | | | |
| 17.00 – 17.15 | | | | | | | | | | |
| 17.15 – 17.30 | | | | | | | | | | |
| 17.30 – 17.45 | B.Krawczak Go Active | B.Krawczak Go Active | klienci indywidualni | | | Level Up | Level Up | | | |
| 17.45 – 18.00 | B.Krawczak Go Active | | | | | Level Up | | | | |
| 18.00 – 18.15 | B.Krawczak Go Active | | | | | Level Up | | | | |
| 18.15 – 18.30 | B.Krawczak Go Active | | | | | Level Up | | | | |
| 18.30 – 18.45 | B.Krawczak Go Active | Level Up | | | | | | | | |
| 18.45 – 19.00 | B.Krawczak Go Active | Level Up | | | | | | | | |
| 19.00 – 19.15 | | B.Krawczak Go Active | | | | | | | | |
| 19.15 – 19.30 | | | | | | | | | | |
| 19.30 – 19.45 | Aqua | | | | | | | | | |
| 19.45 – 20.00 | | Level Up | | | | | | | | |
| 20.00 – 20.15 | | | | | | | | | | |
| 20.15 – 20.30 | anna czyż | | | | | | | | | |
| 20.30 – 20.45 | | | | | | | | | | |
| 20.45 – 21.00 | | TRI LEVEL | | | | | | | | |
| 21.00 – 21.15 | | | | | | | | | | |
| 21.15 – 21.30 | | | | | | | | | | |
| 21.30 – 21.45 | | | | | | | | | | |
| 21.45 – 22.00 | | | | | | | | | | |

Środa II SEMESTR

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja | | | | |
|---------------|---|-------------------------|----------------------|----------------------|---|--------------------------------|--|--|--|--|--|
| 6.00 – 6.15 | | | | klienci indywidualni | | | | | | | |
| 6.15 – 6.30 | | | | | | | | | | | |
| 6.30 – 6.45 | | | | | | | | | | | |
| 6.45 – 7.00 | | | | | | | | | | | |
| 7.00 – 7.15 | | | | | | | | | | | |
| 7.15 – 7.30 | | | | | | | | | | | |
| 7.30 – 7.45 | | | | | | | | | | | |
| 7.45 – 8.00 | | | | | | | | | | | |
| 8.00 – 8.15 | | | | | | | | | | | |
| 8.15 – 8.30 | | | | | | | | | | | |
| 8.30 – 8.45 | | | | | | SP Stanisławów 6a- 17 osób | SP Stanisławów kl.7b (sport) - 12 osób | | | | |
| 8.45 – 9.00 | SP Białobrzegi kl.4a - 20 osób kl.4b - 24 osoby | | | | | | | | | | |
| 9.00 – 9.15 | | | | | | | | | | | |
| 9.15 – 9.30 | | | | | | | | | | | |
| 9.30 – 9.45 | | | | | | | | | | | |
| 9.45 – 10.00 | | | | | | | | | | | |
| 10.00 – 10.15 | | | | | | SP Stanisławów 7a - 14 osób | | | | | |
| 10.15 – 10.30 | | | | | | | | | | | |
| 10.30 – 10.45 | | | | | | | | | | | |
| 10.45 – 11.00 | SP Józefów kl.3a - 24 osoby | | | | | | | | | | |
| 11.00 – 11.15 | | | | | | | | | | | |
| 11.15 – 11.30 | | | | | | | | | | | |
| 11.30 – 11.45 | | | | | | | | | | | |
| 11.45 – 12.00 | | | | | | | | | | | |
| 12.00 – 12.15 | SP Józefów kl.7b -23 osoby kl.7c - 17 osób | | | | SP Józefów | | | | | | |
| 12.15 – 12.30 | | | | | kl.7b -23 osoby | kl.7b -23 osoby | | | | | |
| 12.30 – 12.45 | | | | | kl.7c - 17 osób | kl.7c - 17 osób | | | | | |
| 12.45 – 13.00 | SP Józefów kl.1a - 21 osób kl.2a - 25 osób | | | | | | | | | | |
| 13.00 – 13.15 | | | | | | | SP Józefów | | | | |
| 13.15 – 13.30 | | | | | | | kl.1a - 21 osób | | | | |
| 13.30 – 13.45 | | | | | | | | | | | |
| 13.45 – 14.00 | | | | | | | | | | | |
| 14.00 – 14.15 | SP Józefów kl.6a - 11 osób kl.7a - 11 osoby | | | | GMINA WIELISZEW - Skrzyszew | | | | | | |
| 14.15 – 14.30 | | | | | | | | | | | |
| 14.30 – 14.45 | | | | | | | | | | | |
| 14.45 – 15.00 | | | | | | | | | | | |
| 15.00 – 15.15 | | | | | | | | | | | |
| 15.15 – 15.30 | | | | | GMINA SEROCK 45 uczniów od 15.00 do 15.45. od 7 lutego do końca roku szkolnego. | | | | | | |
| 15.30 – 15.45 | UKS Fala Nieporęt sekcja pływania | | | | | | | | | | |
| 15.45 – 16.00 | | | | | | | | | | | |
| 16.00 – 16.15 | | | | | | | | | | | |
| 16.15 – 16.30 | UKS Fala Nieporęt sekcja pływania | | | | | | | | | | |
| 16.30 – 16.45 | | | | | | | | | | | |
| 16.45 – 17.00 | | | | | | | | | | | |
| 17.00 – 17.15 | | | | | | | | | | | |
| 17.15 – 17.30 | | | | | Nemo | | More of life | | | | |
| 17.30 – 17.45 | B.Krawczak Go Active | B.Krawczak Go Active | klienci indywidualni | | | More of life | | | | | |
| 17.45 – 18.00 | | | | | | | | | | | |
| 18.00 – 18.15 | B.Krawczak Go Active | B.Krawczak Go Active | | | | | | | | | |
| 18.15 – 18.30 | | | | | | | | | | | |
| 18.30 – 18.45 | Nemo | | | | | | | | | | |
| 18.45 – 19.00 | | | | | | | | | | | |
| 19.00 – 19.15 | Nemo | | | | | | | | | | |
| 19.15 – 19.30 | | | | More of life | | | | | | | |
| 19.30 – 19.45 | | | | | | | | | | | |
| 19.45 – 20.00 | Nemo korektywa od 04.10.2017 | | | | | | | | | | |
| 20.00 – 20.15 | Nemo | | | | | | More of life | | | | |
| 20.15 – 20.30 | | | | | | | | | | | |
| 20.30 – 20.45 | | | | | | | | | | | |
| 20.45 – 21.00 | | | | | | | | | | | |
| 21.00 – 21.15 | | | | | | | | | | | |
| 21.15 – 21.30 | | | | | | | | | | | |
| 21.30 – 21.45 | | | | | | | | | | | |
| 21.45 – 22.00 | | | | | | | | | | | |

Czwartek II SEMESTR

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja | | | | | | | |
|---------------|--|-------------------------|----------------------|----------------------|---|--|-----------|----------|----------------------|--|--|------|--|--|
| 6.00 – 6.15 | | | | klienci indywidualni | | | | | | | | | | |
| 6.15 – 6.30 | | | | | | | | | | | | | | |
| 6.30 – 6.45 | | | | | | | | | | | | | | |
| 6.45 – 7.00 | | | | | | | | | | | | | | |
| 7.00 – 7.15 | | | | | | | | | | | | | | |
| 7.15 – 7.30 | | | | | | | | | | | | | | |
| 7.30 – 7.45 | | | | | | | | | | | | | | |
| 7.45 – 8.00 | | | | | | | | | | | | | | |
| 8.00 – 8.15 | SP Józefów kl.4a - 21 osób kl.4b - 21 osób | | | | | SP Stanisławów kl.4b(sport)- 13 osób | | | | | | | | |
| 8.15 – 8.30 | | | | | | | | | | | | | | |
| 8.30 – 8.45 | | | | | | | | | | | | | | |
| 8.45 – 9.00 | | | | | | | | | | | | | | |
| 9.00 – 9.15 | | | | | | | | | | | | | | |
| 9.15 – 9.30 | | | | | | | | | | | | | | |
| 9.30 – 9.45 | | | | | | | | | | | | | | |
| 9.45 – 10.00 | | | | | | | | | | | | | | |
| 10.00 – 10.15 | SP Nieporęt kl.4a - 22 osoby kl.5b - 18 osób | | | | | | | | | | | | | |
| 10.15 – 10.30 | | | | | | | | | | | | | | |
| 10.30 – 10.45 | | | | | | | | | | | | | | |
| 10.45 – 11.00 | | | | | | | | | | | | | | |
| 11.00 – 11.15 | | | | | SP Józefów kl.3c - 17 osób kl.4d - 24 osoby | | | | | | | | | |
| 11.15 – 11.30 | | | | | | | | | | | | | | |
| 11.30 – 11.45 | | | | | | | | | | | | | | |
| 11.45 – 12.00 | | | | | | | | | | | | | | |
| 12.00 – 12.15 | SP Nieporęt kl.1a - 20 osób kl.6a - 15 osób | | | | | | | | | | | | | |
| 12.15 – 12.30 | | | | | | | | | | | | | | |
| 12.30 – 12.45 | | | | | | | | | | | | | | |
| 12.45 – 13.00 | | | | | | | | | | | | | | |
| 13.00 – 13.15 | SP Nieporęt kl.5c - 13 osób kl.7b - 25 osób | | | | GMINA WIELISZEW - łajski | | | | | | | | | |
| 13.15 – 13.30 | | | | | | | | | | | | | | |
| 13.30 – 13.45 | | | | | | | | | | | | | | |
| 13.45 – 14.00 | | | | | | | | | | | | | | |
| 14.00 – 14.15 | SP Józefów kl.5a - 26 osób | | | | GMINA WIELISZEW - łajski | | | | | | | | | |
| 14.15 – 14.30 | | | | | | | | | | | | | | |
| 14.30 – 14.45 | | | | | | | | | | | | | | |
| 14.45 – 15.00 | | | | | | | | | | | | | | |
| 15.00 – 15.15 | | | | | | | | | | | | | | |
| 15.15 – 15.30 | | | | | | | | | | | | | | |
| 15.30 – 15.45 | UKS Fala Nieporęt sekcja pływania | | | Milenium | Milenium | Milenium | | | | | | | | |
| 15.45 – 16.00 | | | | | | | | | | | | | | |
| 16.00 – 16.15 | | | | | | | | | | | | | | |
| 16.15 – 16.30 | UKS Fala Nieporęt sekcja pływania | | | | | | | | | | | | | |
| 16.30 – 16.45 | | | | | | Milenium | Milenium | Level Up | | | | | | |
| 16.45 – 17.00 | | | | | | Level Up | Level Up | Level Up | | | | | | |
| 17.00 – 17.15 | | | | | | | | | | | | | | |
| 17.15 – 17.30 | | | | | | | | | | | | | | |
| 17.30 – 17.45 | B.Krawczak Go Active | B.Krawczak Go Active | klienci indywidualni | | | Level Up | | | | | | | | |
| 17.45 – 18.00 | B.Krawczak Go Active | | | | | | | | | | | | | |
| 18.00 – 18.15 | | B.Krawczak Go Active | | | | klienci indywidualni | | | Nemo | | | | | |
| 18.15 – 18.30 | | | | | | | | | | | | | | |
| 18.30 – 18.45 | B.Krawczak Go Active | | | | | | | | klienci indywidualni | | | Nemo | | |
| 18.45 – 19.00 | | | | | | | | | | | | | | |
| 19.00 – 19.15 | | Level Up | klienci indywidualni | | | | | | | | | Nemo | | |
| 19.15 – 19.30 | | | | | | | | | | | | | | |
| 19.30 – 19.45 | Aqua | Level Up | | | | klienci indywidualni | | | | | | Nemo | | |
| 19.45 – 20.00 | | | | | | | | | | | | | | |
| 20.00 – 20.15 | | | | | | | | | klienci indywidualni | | | Nemo | | |
| 20.15 – 20.30 | | | | | | | | | | | | | | |
| 20.30 – 20.45 | | TRI LEVEL | klienci indywidualni | | | | | | | | | Nemo | | |
| 20.45 – 21.00 | | | | | | | | | | | | | | |
| 21.00 – 21.15 | | | | | | | | | | | | | | |
| 21.15 – 21.30 | | | | | | klienci indywidualni | | | | | | | | |
| 21.30 – 21.45 | | | | | | | | | | | | | | |
| 21.45 – 22.00 | | | | | | | | | | | | | | |

Piątek II SEMESTR

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja | | | |
|---------------|--|-------------------------|----------------------|----------------------|-----------------------------|---|-----------|--|--|--------------|
| 6.00 – 6.15 | | | | klienci indywidualni | | | | | | |
| 6.15 – 6.30 | | | | | | | | | | |
| 6.30 – 6.45 | | | | | | | | | | |
| 6.45 – 7.00 | | | | | | | | | | |
| 7.00 – 7.15 | | | | | | | | | | |
| 7.15 – 7.30 | | | | | | | | | | |
| 7.30 – 7.45 | | | | | | | | | | |
| 7.45 – 8.00 | | | | | | | | | | |
| 8.00 – 8.15 | SP Józefów kl.5a - 26 osób | | | | | SP Stanisławów kl.5 - 17 osób | | | | |
| 8.15 – 8.30 | | | | | | | | | | |
| 8.30 – 8.45 | | | | | | | | | | |
| 8.45 – 9.00 | | | | | | | | | | |
| 9.00 – 9.15 | | | | | | | | | | |
| 9.15 – 9.30 | | | | | | | | | | |
| 9.30 – 9.45 | | | | | | | | | | |
| 9.45 – 10.00 | | | | | | | | | | |
| 10.00 – 10.15 | SP Nieporęt kl.1b - 16 osób kl.2a - 16 osób kl.5a - 15 osób | | | | | SP Stanisławów kl. 3a (sport) 18 osób | | | | |
| 10.15 – 10.30 | | | | | | | | | | |
| 10.30 – 10.45 | | | | | | | | | | |
| 10.45 – 11.00 | | | | | | | | | | |
| 11.00 – 11.15 | SP Józefów kl.3a - 24 osoby | | | | | | | | | |
| 11.15 – 11.30 | | | | | | | | | | |
| 11.30 – 11.45 | | | | | | | | | | |
| 11.45 – 12.00 | SP Józefów kl.1a - 21 osób kl.2a - 25 osób | | | | | | | | | |
| 12.00 – 12.15 | | | | | | | | | | |
| 12.15 – 12.30 | | | | | | | | | | |
| 12.30 – 12.45 | | | | | | | | | | |
| 12.45 – 13.00 | | | | | | | | | | |
| 13.00 – 13.15 | SP Józefów kl.4a - 21 osób kl.4b - 21 osób | | | | GMINA WIELISZEW - Wieliszew | | | | | |
| 13.15 – 13.30 | | | | | | | | | | |
| 13.30 – 13.45 | | | | | | | | | | |
| 13.45 – 14.00 | | | | | | | | | | |
| 14.00 – 14.15 | SP Józefów kl.6a - 4 osób kl.7a - 9 osoby | | | | GMINA WIELISZEW - Wieliszew | | | | | |
| 14.15 – 14.30 | | | | | | | | | | |
| 14.30 – 14.45 | | | | | | | | | | |
| 14.45 – 15.00 | | | | | | | | | | |
| 15.00 – 15.15 | | | | | | | | | | |
| 15.15 – 15.30 | | | | | | | | | | |
| 15.30 – 15.45 | UKS Fala Nieporęt sekcja pływania | | | | | | | | | |
| 15.45 – 16.00 | | | | | | | | | | |
| 16.00 – 16.15 | | | | | | | | | | |
| 16.15 – 16.30 | | | | | | | | | | |
| 16.30 – 16.45 | UKS Fala Nieporęt sekcja pływania | | | | | | | | | |
| 16.45 – 17.00 | | | | | | | | | | |
| 17.00 – 17.15 | | | | | | | | | | |
| 17.15 – 17.30 | | | | | | | | | | |
| 17.30 – 17.45 | B.Krawczak Go Active | B.Krawczak Go Active | klienci indywidualni | | | | | | | |
| 17.45 – 18.00 | | | | | | | | | | |
| 18.00 – 18.15 | B.Krawczak Go Active | B.Krawczak Go Active | | | | | | | | More of life |
| 18.15 – 18.30 | | | | | | | | | | |
| 18.30 – 18.45 | Nemo | Nemo | | | | | | | | More of life |
| 18.45 – 19.00 | | | | | | | | | | |
| 19.00 – 19.15 | Nemo | Nemo | | | | More of life | | | | |
| 19.15 – 19.30 | | | | | | | | | | |
| 19.30 – 19.45 | | | | | | | | | | |
| 19.45 – 20.00 | Nemo | Nemo | | | | | | | | |
| 20.00 – 20.15 | | | | | | | | | | |
| 20.15 – 20.30 | | | | | | | | | | |
| 20.30 – 20.45 | | | | | | | | | | |
| 20.45 – 21.00 | | | | | | | | | | |
| 21.00 – 21.15 | | | | | | | | | | |
| 21.15 – 21.30 | | | | | | | | | | |
| 21.30 – 21.45 | | | | | | | | | | |
| 21.45 – 22.00 | | | | | | | | | | |

Sobota cały rok

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja |
|---------------|--------------|--------------|-----------|-------|--------------|--------------|--------------|
| 8.00 - 8.15 | | | | | | | |
| 8.15 - 8.30 | | | | | | | |
| 8.30 - 8.45 | Level Up | TRI LEVEL | | | More of life | | |
| 8.45 - 9.00 | | | | | | | |
| 9.00 - 9.15 | | | | | | Nemo | |
| 9.15 - 9.30 | More of life | More of life | | | Nemo | Nemo | More of life |
| 9.30 - 9.45 | | | | | | | |
| 9.45 - 10.00 | | | | | | | More of life |
| 10.00 - 10.15 | More of life | More of life | | | Nemo | Nemo | |
| 10.15 - 10.30 | | | | | | | More of life |
| 10.30 - 10.45 | Level Up | | | | | | More of life |
| 10.45 - 11.00 | | More of life | | | | | |
| 11.00 - 11.15 | | | | | Nemo | Nemo | |
| 11.15 - 11.30 | Level Up | | | | | | More of life |
| 11.30 - 11.45 | Level Up | Level Up | | | | | |
| 11.45 - 12.00 | | | | | | | |
| 12.00 - 12.15 | Level Up | Level Up | | | More of life | More of life | Olo Sport |
| 12.15 - 12.30 | | | | | | | Olo Sport |
| 12.30 - 12.45 | | | | | anna czyż | More of life | |
| 12.45 - 13.00 | Olo Sport | Olo Sport | | | | | More of life |
| 13.00 - 13.15 | | | | | | | |
| 13.15 - 13.30 | | | | | | anna czyż | More of life |
| 13.30 - 13.45 | Olo Sport | Olo Sport | Olo Sport | | | | |
| 13.45 - 14.00 | | | | | | anna czyż | |
| 14.00 - 14.15 | | | | | | | |
| 14.15 - 14.30 | Olo Sport | Olo Sport | Olo Sport | | | anna czyż | |
| 14.30 - 14.45 | | | | | | | |
| 14.45 - 15.00 | | | | | | anna czyż | |
| 15.00 - 15.15 | Olo Sport | Olo Sport | Olo Sport | | | | |
| 15.15 - 15.30 | | | | | | anna czyż | |
| 15.30 - 15.45 | | | | | | | |
| 15.45 - 16.00 | Olo Sport | Olo Sport | | | | | |
| 16.00 - 16.15 | | | | | | | |
| 16.15 - 16.30 | | | | | | | |
| 16.30 - 16.45 | Olo Sport | | | | | | |
| 16.45 - 17.00 | | | | | | | |
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| 21.30 - 21.45 | | | | | | | |
| 21.45 - 22.00 | | | | | | | |

Niedziela cały rok

| | tor 1 | tor 2 | tor 3 | tor 4 | tor 5 | tor 6 | rekreacja |
|---------------|-----------|-----------|-------|-------|-------|-------|-----------|
| 8.00 - 8.15 | | | | | | | |
| 8.15 - 8.30 | | | | | | | |
| 8.30 - 8.45 | | | | | | | |
| 8.45 - 9.00 | | | | | | | |
| 9.00 - 9.15 | | | | | | | |
| 9.15 - 9.30 | | | | | | | |
| 9.30 - 9.45 | | | | | | | |
| 9.45 - 10.00 | | | | | | | |
| 10.00 - 10.15 | TRI LEVEL | | | | | | |
| 10.15 - 10.30 | TRI LEVEL | | | | | | |
| 10.30 - 10.45 | TRI LEVEL | | | | | | |
| 10.45 - 11.00 | | | | | | | |
| 11.00 - 11.15 | | | | | | | |
| 11.15 - 11.30 | TRI LEVEL | | | | | | |
| 11.30 - 11.45 | | | | | | | |
| 11.45 - 12.00 | | | | | | | |
| 12.00 - 12.15 | TRI LEVEL | | | | | | |
| 12.15 - 12.30 | | | | | | | |
| 12.30 - 12.45 | | | | | | | |
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| 16.45 - 17.00 | | | | | | | |
| 17.00 - 17.15 | | | | | | | |
| 17.15 - 17.30 | | | | | | | |
| 17.30 - 17.45 | anna czyż | | | | | | |
| 17.45 - 18.00 | | | | | | | |
| 18.00 - 18.15 | anna czyż | | | | | | |
| 18.15 - 18.30 | | | | | | | |
| 18.30 - 18.45 | | | | | | | |
| 18.45 - 19.00 | anna czyż | anna czyż | | | | | |
| 19.00 - 19.15 | | | | | | | |
| 19.15 - 19.30 | | | | | | | |
| 19.30 - 19.45 | | | | | | | |
| 19.45 - 20.00 | | | | | | | |
| 20.00 - 20.15 | | | | | | | |
| 20.15 - 20.30 | | | | | | | |
| 20.30 - 20.45 | | | | | | | |
| 20.45 - 21.00 | | | | | | | |
| 21.00 - 21.15 | | | | | | | |
| 21.15 - 21.30 | | | | | | | |
| 21.30 - 21.45 | | | | | | | |
| 21.45 - 22.00 | | | | | | | |