**Data aktualizacji: 20.10.2026**

| | | 07:00 | | | | 08:00 | | | | 09:00 | | | | 10:00 | | | | 11:00 | | | | 12:00 | | | | 13:00 | | | | 14:00 | | | | 15:00 | | | | 16:00 | | | | 17:00 | | | | 18:00 | | | | 19:00 | | | | 20:00 | | | | 21:00 | | | |
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| | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | | 15 | 30 | 45 | |
| ONIEDZIAŁEK | DB 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | PIETRZYK | | | | | | | | AQUA AEROBIC | | | | AQUA BIKE | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 3 | | | | KLASY SPORTOWE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 6 | | | | | | | | | GORZYCZKI | | | | | | | | CZYŻOWICE | | | | | | | | KORNOWAC | | | | | | | | | | | | DZIERWA | | | | | | | | | | | | | | | | | | | | | | | |
| | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WTOREK | DB 1 | | | | | | | GORZYCE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NAUTINEK | | | | | | | | | | | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 3 | | | | KLASY SPORTOWE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 5 | | | | | | | | | | | | | | | OLZA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 6 | | | | | | | GORZYCE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NAUTICA | | | | | | | | NAUTICA | | | | | | | | MH FUN | | | | MH FUN | | | |
| | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NAUTICA | | | | NAUTINEK | | | | | | | | | | | | | | | | | |
| ŚRODA | DB 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | PIETRZYK | | | | | | | | AQUA AEROBIC | | | | TURBO SPALANIE | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 6 | | | | | | | KRZYŻANOWICE | | | | | | | | | | | | | | | | BLUSZCZÓW | | | | | | | | | | | | | | DZIERWA | | | | | | | | NAUTICA | | | | | | | | | | | | | | | |
| | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CZWARTEK | DB 1 | | | | | | | AQUA SENIOR | | | | TURZA | | | | | | TURZA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 6 | | | | | | | | | TURZA | | | | TURZA | | | | | | | | | | | | | | | | | | | | | | | | DZIERWA | | | | | | | | | | | | | | | | | | | | | |
| | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | MH FUN | | | | | | CYWKA | | | | CYWKA | | | | | | | | | | | |
| PIĄTEK | DB 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | PIETRZYK | | | | | | | | | | NAUTICA | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 3 | | | | KLASY SPORTOWE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 6 | | | | | | | | | ROGÓW | | | | | | ROGÓW | | | | | | | | | | KORNOWAC | | | | | | | | | | | | | | NAUTICA | | | | | | | | NAUTICA | | | | | | | | | | | |
| | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | NAUTICA | | | | | | | | | | | | | | | | | | | | |
| SOBOTA | DB 1 | OTWARCIE 9:00 | | | | | | | | | | | | CYWKA | | | CYWKA | | | MH FUN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 5 | | | | | | | | | | | | | | | NAUTINEK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | MB | | | | | | | | | CYWKA | | | | | | | | | | | | | | | | MH FUN | | | | MH FUN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| NIEDZIELA | DB 1 | OTWARCIE 9:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DB 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

NAUTICA | SZKOŁY | KRZYŻANOWICE | KLASY SPORTOWE | ALIGATOR | MH FUN | AKADAEMIA SPORTU | PIETRZYK | NAUTINEK | CYWKA