

11:45	0	0	0	0	0	0	20x25m
12:00	0	0	0	0	0	0	20x25m
12:15	0	0	0	0	0	0	20x25m
12:30	0	0	0	0	0	0	20x25m
12:45	0	0	0	0	0	0	20x25m
13:00	10x25m	10x25m	10x25m	10x25m	10x25m	10x25m	20x25m
13:15	10x25m	10x25m	10x25m	10x25m	10x25m	10x25m	20x25m
13:30	10x25m	10x25m	10x25m	10x25m	10x25m	10x25m	20x25m
13:45	10x25m	10x25m	10x25m	10x25m	10x25m	10x25m	20x25m
14:00	4x25m	4x25m	4x25m	4x25m	10x25m	10x25m	20x25m
14:15	4x25m	4x25m	4x25m	4x25m	10x25m	10x25m	20x25m
14:30	0	0	0	0	0	10x25m	20x25m
14:45	0	0	0	0	0	10x25m	20x25m
15:00	0	0	0	0	0	0	20x25m
15:15	0	0	0	0	0	0	20x25m
15:30	0	0	0	0	0	0	20x25m
15:45	0	0	0	0	0	0	20x25m
16:00	0	0	0	0	0	0	10x25m
16:15	0	0	0	0	0	0	10x25m
16:30	0	0	0	0	0	0	10x25m
16:45	0	0	0	0	0	0	10x25m
17:00	0	0	0	0	0	0	10x25m
17:15	0	0	0	0	0	0	10x25m
17:30	0	0	0	0	0	0	10x25m
17:45	0	0	0	0	0	0	10x25m
18:00	0	0	0	0	0	0	10x25m
18:15	0	0	0	0	0	0	10x25m
18:30	0	0	0	0	0	0	20x25m
18:45	0	0	0	0	0	0	20x25m

19:00	0	0	0	0	0	0	20x25m
19:15	0	0	0	0	0	0	20x25m
19:30	0	0	0	0	0	0	20x25m
19:45	0	0	0	0	0	0	20x25m
20:00	8x25m	3x25m	6x25m	6x25m	8x25m	0	20x25m
20:15	5x25m	1x25m	3x25m	6x25m	8x25m	0	20x25m
20:30	5x25m	1x25m	3x25m	6x25m	8x25m	0	20x25m
20:45	5x25m	1x25m	3x25m	6x25m	8x25m	0	20x25m
21:00	7x25m	8x25m	8x25m	8x25m	8x25m	0	20x25m
21:15	10x25m	10x25m	10x25m	10x25m	10x25m	0	20x25m
21:30	10x25m	10x25m	10x25m	10x25m	10x25m	0	20x25m
21:45	Wyjście z wody i sauny						
22:00	Koniec pracy pływalni						

