

11:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
12:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
12:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
12:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
12:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
13:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
13:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
13:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
13:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
14:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
14:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
14:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
14:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
15:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
15:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
15:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
15:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
16:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
16:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
16:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
16:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
17:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
17:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
17:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
17:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
18:00	10x50m	9x50m	10x50m	10x50m	10x50m	10x50m	10x50m
18:15	10x50m	9x50m	10x50m	10x50m	10x50m	10x50m	10x50m
18:30	10x50m	9x50m	10x50m	10x50m	10x50m	10x50m	10x50m
18:45	10x50m	9x50m	10x50m	10x50m	10x50m	10x50m	10x50m

19:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
19:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
19:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
19:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
20:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
20:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
20:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
20:45	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
21:00	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
21:15	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
21:30	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m	10x50m
21:45	Czas wyjścia z wody i sauny						
22:00	Koniec pracy pływalni						

