**HARMONOGRAM TRENINGÓW NA MIEJSKIM STADIONIE LEKKOATLETYCZNYM - STADION (OBOWIĄZUJĄCY LIMIT OSÓB 250)**

**OD 01.11.2020 r. DO 31.12.2020 r.**

| GODZINY | PONIEDZIAŁEK | | | WTOREK | | | ŚRODA | | | CZWARTEK | | | PIĄTEK | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 7.30 - 8.00 | | | | | | | | | | | | | | | |
| 8.00 - 8.30 | | | | | | | | | | | | | | | |
| 8.30 - 9.00 | | | | | | | | | | | | | | | |
| 9.00 - 9.30 | | | | | | | | | | | | | | | |
| 9.30 - 10.00 | | | | | | | | | | | | | | | |
| 10.00 –10.30 | | | | | | | | | | | | | | | |
| 10.30 – 11.00 | | | | | | | | | | | | | | | |
| 11.00 – 11.30 | | | | | | | | | | | | | | | |
| 11.30 – 12.00 | | | | | | | | | | | | | | | |
| 12.00 – 12.30 | | | | | | | | | | | | | | | |
| 12.30– 13.00 | | | | | | | | | | | | | | | |
| 13.00 - 13.30 | | | | | | | | | | | | | | | |
| 13.30 – 14.00 | | | | | | | | | | | | | | | |
| 14.00 – 14.30 | | | | | | | | | | | | | | | |
| 14.30 – 14.45 | | | | | | PRZERWA | | | | | | | | | |
| 14.45 - 15.15 | | | | | | | | | | | | | | | |
| 15.15 – 15.45 | | | | | | | | | | | | | | | |
| 15.45 – 16.15 | | | | | | | | | | | | | | | |
| 16.15– 16.30 | | | | | PRZERWA | | | | | | | | | | |
| 16.30 – 17.00 | | | | | | | | | | | | | | | |
| 17.00 – 17.30 | | | | | | | | | | | | | | | |
| 17.30– 18.00 | | | | | | | | | | | | | | | |
| 18.00 – 18.15 | | | | | | | PRZERWA | | | | | | | | |
| 18.15 - 18.45 | | | KORONA | KORONA | | | KORONA | | | KORONA | | | KORONA | | |
| 18.45 – 19.15 | | | | | | | | | | | | | | | |
| 19.15- 19.45 | | RAZ | | | | | | RAZ | | | | | | RAZ | |
| 19.45 - 20.15 | | | | | | | | | | | | | | | |
| 20.15- 20.45 | | | | | | | | | | | | | | | |
| 20.45 - 21.15 | | | | | | | | | | | | | | | |