| | Poniedziałek | | | | | | | | Wtorek | | | | | | | | Środa | | | | | | | | Czwartek | | | | | | | | Piątek | | | | | | | | Sobota | | | | | | | | Niedziela | | | | | | | |
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| | 6 | 5 | 4 | 3 | 2 | 1 | mb | mb | 6 | 5 | 4 | 3 | 2 | 1 | mb | mb | 6 | 5 | 4 | 3 | 2 | 1 | mb | mb | 6 | 5 | 4 | 3 | 2 | 1 | mb | mb | 6 | 5 | 4 | 3 | 2 | 1 | mb | mb | 6 | 5 | 4 | 3 | 2 | 1 | mb | mb |
| 6:10-7:30 | UKS | UKS | UKS | UKS | | | | | UKS | UKS | UKS | UKS | | | | | UKS | UKS | UKS | UKS | | | | | UKS | UKS | UKS | UKS | | | | | UKS | UKS | UKS | UKS | | | | | UKS 6:15 - 10:30 | | | | | | | | INDYWIDUALNA NAUKA PŁYWANIA | | | | | | | |
| 08:00 | KLASYK | | SP 9 | | | | K | | KLASYK | | SP 9 | | | | KLASYK | | KLASYK | | | | | | | | KLASYK | | SP 9 | | | | K | | KLASYK | | | | | | SP 9 | | | | | | | | WOPR 8:00-10:30 | | | | | | | | WOPR 6:00-8.30 | | | | | | | |
| 08:45 | SP 9 | | | | | | | | | | | SP 9 | | | | | SP 4 | | | | | | | | SP 4 | | | | | | | | SP 4 | | | | | | | | | | | | | | | | | | | | WOPR 8.30-10:00 | | | | | | | |
| 09:30 | SP 9 | | | | | | | | | | | SP 9 | | | | | SP 4 | | | | | | | | SP 4 | | | | | | | | SP 5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 | KLASYK | | SP 9 | | | | K | | SP 5 | | | | | | K | | SP 4 | | | | | | | | SP 9 | | SP 5 | | | | | | SP 5 | | | | | | | | WOPR 10:30 - 16:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | SP 2 | | | | | | | | KLASYK | | SP 5 | | | | | | SP 4 | | | | | | | | SP 5 | | | | | | | | SP 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | SP 2 | | | | | | | | SP 2 | | | | | | | | SP 4 | | | | | | | | | | | | KLASYK | | | | SP 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | KLASYK | | | | | | | | SP 9 | | | | | | | | KLASYK | | | | | | | | | | | | KLASYK | | | | SP 4 | | SP 9 | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:15 | LIPCE | | | | SP 9 | | L | | KLASYK | | SP 9 | | | | | | SP 9 | | BEŁCHÓW | | | | | | SP 9 | | | | | | | | SP 4 | | LIPCE | | SP 9 | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | KLASYK | | LIPCE | | | | SP 9 | | SP 9 | | | | | | | | MOKRA | | | | SP 9 | | | | KLASYK | | SP 9 | | | | | | MOKRA | | | | LIPCE | | GRUPOWA NAUKA PŁYWANIA | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 | UKS | UKS | UKS | UKS | UKS | UKS | UKS 15-16:30 | | UKS | UKS | UKS | UKS | UKS | UKS | GRUPOWA NAUKA PŁYWANIA | | UKS | UKS | UKS | UKS | UKS | UKS | UKS 15-16:30 | | UKS | UKS | UKS | UKS | UKS | UKS | UKS 15-16:30 | | UKS | UKS | UKS | UKS | UKS | UKS | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | WOPR | WOPR | UKS | UKS | UKS | UKS | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | WOPR | WOPR | UKS | UKS | UKS | UKS | UKS | | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | UKS | UKS | UKS | UKS | WOPR | WOPR | | | WOPR | WOPR | WOPR | UKS | UKS | UKS | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | GRUPOWA NAUKA PŁYWANIA 16:55-21:10 | | UKS | UKS | WOPR | WOPR | GRUPOWA NAUKA PŁYWANIA 16:40-21:10 | | GRUPOWA NAUKA PŁYWANIA | | UKS | UKS | WOPR | WOPR | GRUPOWA NAUKA PŁYWANIA | | GRUPOWA NAUKA PŁYWANIA 16:55-21:10 | | UKS | UKS | WOPR | WOPR | GRUPOWA NAUKA PŁYWANIA 16:40-21:10 | | GRUPOWA NAUKA PŁYWANIA | | UKS | UKS | WOPR | WOPR | GRUPOWA NAUKA PŁYWANIA | | INDYWIDUALNA NAUKA PŁYWANIA | | WOPR | WOPR | UKS | UKS | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | UKS | UKS | WOPR | WOPR | | | | | UKS | UKS | WOPR | WOPR | | | | | UKS | UKS | WOPR | WOPR | | | | | UKS | UKS | WOPR | WOPR | | | | | WOPR | WOPR | UKS | UKS | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | UKS | UKS | AQUA AEROBIK | | | | | | UKS | UKS | WOPR | WOPR | | | | | UKS | UKS | AQUA AEROBIK | | | | | | UKS | UKS | WOPR | WOPR | | | | | WOPR | WOPR | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | UKS | UKS | | | | | | | UKS | UKS | WOPR | WOPR | | | | | UKS | UKS | | | | | | | UKS | UKS | WOPR | WOPR | | | | | WOPR | WOPR | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | UKS | UKS | WOPR | WOPR | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | WOPR | WOPR | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |