

Сеансы оздоровительного плавания на июль-август 2018г.

ФОК «Дельфин»

Понедельник

7.00-14.00 санитарный день

14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30

Вторник

7.00-7.45, 7.45-8.30, 9.00-9.45, 9.45-10.30, 11.00-11.45, 11.45-12.30,
14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30

Среда

7.00-7.45, 7.45-8.30, 9.00-9.45, 9.45-10.30, 11.00-11.45, 11.45-12.30,
14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30

Четверг

7.00-7.45, 7.45-8.30, 9.00-9.45, 9.45-10.30, 11.00-11.45, 11.45-12.30,
14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30

Пятница

7.00-7.45, 7.45-8.30, 9.00-9.45, 9.45-10.30, 11.00-11.45, 11.45-12.30,
14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30

Суббота

9.00-9.45, 9.45-10.30, 11.00-11.45, 11.45-12.30,
14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30

Воскресенье

9.00-9.45, 9.45-10.30, 11.00-11.45, 11.45-12.30,
14.00-14.45, 14.45-15.30, 15.30-16.15, 16.15-17.00, 17.00-17.45, 17.45-18.30,
18.30-19.15, 19.15-20.00, 20.00-20.45, 20.45-21.30