LIPIEC	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	ś	cz	pt	s	n	pn	wt	ś	cz	pt	s	n	pn	wt	ś	cz	pt	s	n	pn	wt	ś	cz	pt	s	n	pn	wt	ś	cz	pt
Biegi - Błonia Krakowskie							18.30	18.30				18.30		18.30	18.30				18.30			18.30				18.30			18.30		
Biegi - Zalew Bulwarowa	18.15					18.15		18.15					18.15		18.15					18.15		18.15					18.15		18.15		
Biegi - Park Lotników		18.15					18.15		18.15					18.15		18.15					18.15		18.15					18.15		18.15	
Nordic Walking - Błonia Krakowskie		18.30					18.30		18.30					18.30		18.30					18.30		18.30					18.30		18.30	
Nordic Walking - Park Lotników			18.00		18.00					18.00		18.00												18.00		18.00					18.00
Nordci Walking - Dworek Białoprądnicki	18.30		18.30			18.30		18.30		18.30			18.30		18.30		18.30														
Nordic Walking - Łąki Nowohuckie	18.00					18.00		18.00			18.00		18.00																18.00		
Nordic Walking - Park Bednarskiego		17.00				18.00			17.00				18.00			17.00				18.00			17.00				18.00				

SIERPIEN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	s	n	pn	wt	ś	cz	pt	s	n	pn	wt	ś	cz	pt	s	n	pn	wt	ś	cz	pt	s	n	pn	wt	ś	cz	pt	s	n	pn
Biegi - Błonia Krakowskie									18.30		18.30	18.30				18.30		18.30	18.30				18.30			18.30				18.30	
Biegi - Zalew Bulwarowa			18.15		18.15		18.15	18.15		18.15		18.15		18.15	18.15																
Biegi - Park Lotników				18.15		18.15					18.15		18.15					18.15		18.15					18.15		18.15				
Nordic Walking - Błonia Krakowskie				18.30		18.30					18.30		18.30					18.30		18.30					18.30						
Nordic Walking - Park Lotników		18.00					18.00		18.00					18.00		18.00					18.00		18.00					18.00		18.00	
Nordci Walking - Dworek Białoprądnicki	18.30		18.30		18.30		18.30																	18.30		18.30		18.30			18.30
Nordic Walking - Łąki Nowohuckie			18.00		18.00																			18.00		18.00			18.00		18.00
Nordic Walking - Park Bednarskiego	10.00		18.00			17.00		10.00		18.00			17.00		10.00		18.00														