Stagione 2022/2023

NUOTO LIBERO	agonismo SDS	FITNESS
Scuola Nuoto	Agonismo Errenu	AUSL

11/28/2022

LUNEDI'

	8,00/8,1	,15/8,3	,30/8,4	,45/9,0	,00/9,1	,15/9,3	,30/9,4	,45/10	,00/10	,15/10	,30/10	,45/11	,00/11	,15/11	,30/11	,45/12	,00/12	,15/12	,30/12	,45/13	13,00/13,15	13,15/13,30	13.30/13.45	13.45/14.00	14/14.15	14.15/14.30	14.30/14.45	14.45/15	15/15.15	15.15/15.30	15.30/15.45	15.45/16	16/16.15	16.15/16.30	16.30/16.45	16.45/17	17/17.15	17.15/17.30	17.30/17.45	17.45/18	18.00/18.15	18.15/18.30	18.30/18.45	18.45/19.00	19.00/19.15	19.15/19.30	19.30/19.45	19.45/20.00	20.00/20.15	20.15/20.30
1																																				F			F			A			C			C		
2																																				E			E			A								
3																										PROPAGANDA									Esordienti A+B															
4																										ASSOLUTI /ES A									ERRENUOTO Es. B + A															
5																																																			
6					ADULTI																FITNESS						ERRNUOTO A + Ass.								ESORDIENTI C			LEVE							FITNESS				
7																																				F			F											

MARTEDI

	08,00/08,	,15/08,	,30/08,	,45/09,	,00/09,	,15/09,	,30/09,	,45/10	,00/10	,15/10	,30/10	,45/11	,00/11	,15/11	,30/11	,45/12	,00/12	,15/12	,30/12	,45/13	13,00/13,15	13,15/13,30	13.30/13.45	13.45/14.00	14/14.15	14.15/14.30	14.30/14.45	14.45/15	15/15.15	15.15/15.30	15.30/15.45	15.45/16	16/16.15	16.15/16.30	16.30/16.45	16.45/17	17/17.15	17.15/17.30	17.30/17.45	17.45/18	18.00/18.15	18.15/18.30	18.30/18.45	18.45/19.00	19.00/19.15	19.15/19.30	19.30/19.45	19.45/20.00	20.00/20.15	20.15/20.30
1																																	ASL			F			F			B			B			D		
2																																							E											
3																													ERRENUOTO A + Ass																	ERRENUOTO A + ASS					
4																										ASSOLUTI /ES A									Esordienti A+B															
5																																					ERRENUOTO Es. B + A														
6																					FITNESS																						FITNESS				FITNESS			
7																																				F			F											

MERCOLEDI'

	08,00/08,	,15/08,	,30/08,	,45/09,	,00/09,	,15/09,	,30/09,	,45/10	,00/10	,15/10	,30/10	,45/11	,00/11	,15/11	,30/11	,45/12	,00/12	,15/12	,30/12	,45/13	13,00/13,15	13,15/13,30	13.30/13.45	13.45/14.00	14/14.15	14.15/14.30	14.30/14.45	14.45/15	15/15.15	15.15/15.30	15.30/15.45	15.45/16	16/16.15	16.15/16.30	16.30/16.45	16.45/17	17/17.15	17.15/17.30	17.30/17.45	17.45/18	18.00/18.15	18.15/18.30	18.30/18.45	18.45/19.00	19.00/19.15	19.15/19.30	19.30/19.45	19.45/20.00	20.00/20.15	20.15/20.30
1																																	ASL			D			F											
2																																																			
3																													ERRENUOTO A + ASS										Esordienti A										ERRENUOTO A + Ass			
4																															PROPAGANDA					ERRENUOTO Es. B+ A														
5																										ASSOLUTI /ES A																										
6																	FIT				FITNESS														ESORDIENTI C				E						FITNESS					
7																																				A				LEVE										

GIOVEDI'

	08,00/08,	,15/08,	,30/08,	,45/09,	,00/09,	,15/09,	,30/09,	,45/10	,00/10	,15/10	,30/10	,45/11	,00/11	,15/11	,30/11	,45/12	,00/12	,15/12	,30/12	,45/13	13,00/13,15	13,15/13,30	13.30/13.45	13.45/14.00	14/14.15	14.15/14.30	14.30/14.45	14.45/15	15/15.15	15.15/15.30	15.30/15.45	15.45/16	16/16.15	16.15/16.30	16.30/16.45	16.45/17	17/17.15	17.15/17.30	17.30/17.45	17.45/18	18.00/18.15	18.15/18.30	18.30/18.45	18.45/19.00	19.00/19.15	19.15/19.30	19.30/19.45	19.45/20.00	20.00/20.15	20.15/20.30
1																																	ASL			F			F			A			C			C		
2																																				E			E											
3																													ERRENUOTO A + ASS																	ERRENUOTO A + Ass					
4																										ASSOLUTI /ES A									Esordienti A+B															
5																																																			
6					ADULTI																																						FITNESS				FITNESS				
7																																				F			F											

VENERDI'

	08,00/08,	,15/08,	,30/08,	,45/09,	,00/09,	,15/09,	,30/09,	,45/10	,00/10	,15/10	,30/10	,45/11	,00/11	,15/11	,30/11	,45/12	,00/12	,15/12	,30/12	,45/13	13,00/13,15	13,15/13,30	13.30/13.45	13.45/14.00	14/14.15	14.15/14.30	14.30/14.45	14.45/15	15/15.15	15.15/15.30	15.30/15.45	15.45/16	16/16.15	16.15/16.30	16.30/16.45	16.45/17	17/17.15	17.15/17.30	17.30/17.45	17.45/18	18.00/18.15	18.15/18.30	18.30/18.45	18.45/19.00	19.00/19.15	19.15/19.30	19.30/19.45	19.45/20.00	20.00/20.15	20.15/20.30
1																																	ASL			F			F			A			B			D		
2																																				D			E											
3																										PROPAGANDA									Esordienti A+B															
4																										ASSOLUTI /ES A																	ERRENUOTO A + Ass							
5																																					ERRENUOTO ES. B + A														
6																	FIT				FITNESS														ESORDIENTI C			LEVE				FITNESS				FITNESS			
7																																																			

SABATO

	08,00/08,	,15/08,	,30/08,	,45/09,	,00/09,	,15/09,	,30/09,	,45/10	,00/10	,15/10	,30/10	,45/11	,00/11	,15/11	,30/11	,45/12	,00/12	,15/12	,30/12	,45/13	12.00/12.45	13,15/13,30	13.30/13.45	13.45/14.00	14/14.15	14.15/14.30	14.30/14.45	14.45/15	15/15.15	15.15/15.30	15.30/15.45	15.45/16	16/16.15	16.15/16.30	16.30/16.45	16.45/17
1																															E			E		
2																															ERRENUOTO Es. B + A					
3																							ERRENUOTO A + ASS								ERRENUOTO A + ASS					
4																									ASSOLUTI / ES A											
5																																				
6																					FITNESS								FITNESS							
7																																				