

| Skupina | Pondelok | Utorok | Streda | Štvrtok | Piatok |
|---------------------------|---------------------|---------------------|--------------------------|-------------------------|--------------------------|
| P01 Janko (K06) | - | - | | | |
| P02 Janko (K06) | - | | | | |
| P03 Natália | 16:00 – 17:30 Svit | 16:00 – 17:30 Svit | 16:00 – 17:30 Svit | - | - |
| P04 Marcelka | 16:30 – 18:00 Svit | - | 16:30 – 18:00 Svit | | 17:00 – 18:30 Svit |
| P11S Marcelka | 16:30 – 18:00 Svit | - | 16:30 – 18:00 Svit | - | 17:00 – 18:30 Svit |
| V07/V09 Maroš/Marianka | 16:30 – 18:00 Svit | 17:00 – 18:30 Svit | 15:30 – 17:00 Fitko - | - 17:00 – 18:30 Svit | 15:00 – 16:30 Fitko - |
| F08 Ľubo | - | 17:00 – 18:30 Svit | 18:00 – 19:30 Svit | 17:00 – 18:30 Svit | 17:00 – 18:30 Svit |
| V05/V10 Miro | 10:00 – 12:00 Fitko | 10:00 – 12:00 Fitko | 10:00 – 12:00 Fitko | 10:00 – 12:00 Fitko | 10:00 – 12:00 Fitko |
| | V05-15:00 – 16:30 | | | | |
| | V10-16:30 – 18:00 | 14:00 – 15:30 Svit | 14:00 – 15:30 Svit | 14:00 – 15:30 Svit | 14:00 – 15:30 Svit |

Vysvetlivky:

SPŠ - bazén na SPŠ Fitko – v Aquacity SVIT – bazén vo Svite TEL – telocvična na ZŠ v Spišskej Sobote

| Fitko AQUACITY | | | Plaváreň SVIT | | | |
|----------------|---------------|---------------|---------------|----------|----------|-----|
| Deň | Čas | Skupina | Čas tréningu | 1. | 2. | 3. |
| Pondelok | 10:00 - 12:00 | Miro V10/V05 | 15:00 - 16:30 | V05 | | |
| | | | 16:00 - 17:30 | P03 | | |
| Utorok | 10:00 - 12:00 | Miro V10/V05 | 16:30 - 18:00 | P04/P11S | V07/V09 | V10 |
| | | | 14:00 - 15:30 | V05 | V10 | |
| Streda | 10:00 - 12:00 | Miro V10/V05 | 16:00 - 17:30 | P03 | | |
| | 15.30 - 17:00 | Maroš/Mariana | 17:00 - 18:30 | F08 | V07/V09 | |
| Štvrtok | 10:00 - 12:00 | Miro V10/V05 | 14:00 - 15:30 | V05 | V10 | |
| | | | 16:00 - 17:30 | P03 | | |
| Piatok | 10:00 - 12:00 | Miro V10/V05 | 16:30 - 18:00 | P04/P11S | | |
| | 15:00 - 16:30 | Maroš/Mariana | 18:00 - 19:30 | F08 | | |
| Štvrtok | | | 14:00 - 15:30 | V05 | V10 | |
| | | | 17:00 - 18:30 | V07/V09 | F08 | |
| Piatok | | | 14:00 - 15:30 | V05 | V10 | |
| | | | 17:00 - 18:30 | F08 | P04/P11S | |