	MONTAG - LUNEDì - MONDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30		FREI - LIBERO - FREE			
11.30 - 12.00					
12.00 - 12.30					
12.30 - 13.00				FREI - LIBERO - FREE	
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00					
17.00 - 17.30		TRAINING - ALLENAMENTO			
17.30 - 18.00					
18.00 - 18.30					
18.30 - 19.00			TRAINING - ALLENAMENTO		
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					

	DIENSTAG - MARTEDì - TUESDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30					
11.30 - 12.00					
12.00 - 12.30		FREI - LIBERO - FREE			
12.30 - 13.00					
13.00 - 13.30				FREI - LIBERO - FREE	
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00					
17.00 - 17.30		TRAINING - ALLENAMENTO			
17.30 - 18.00					
18.00 - 18.30					
18.30 - 19.00			TRAINING - ALLENAMENTO		
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					

	MITTWOCH - MERCOLEDì - WEDNESDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30					
11.30 - 12.00		FREI - LIBERO - FREE			
12.00 - 12.30					
12.30 - 13.00				FREI - LIBERO - FREE	
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00		TRAINING - ALLENAMENTO			
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30			TRAINING - ALLENAMENTO		
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					

	DONNERSTAG - GIOVEDì - THURSDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30		FREI - LIBERO - FREE			
11.30 - 12.00					
12.00 - 12.30					
12.30 - 13.00				FREI - LIBERO - FREE	
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00		TRAINING - ALLENAMENTO			
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30			TRAINING - ALLENAMENTO		
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					

	FREITAG - VENERDì - FRIDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30		FREI - LIBERO - FREE			
11.30 - 12.00					
12.00 - 12.30					
12.30 - 13.00				FREI - LIBERO - FREE	
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00		TRAINING - ALLENAMENTO			
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30			TRAINING - ALLENAMENTO		
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					

	SAMSTAG - SABATO - SATURDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00		TRAINING - ALLENAMENTO			
11.00 - 11.30					
11.30 - 12.00					
12.00 - 12.30					
12.30 - 13.00					
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00					
15.00 - 15.30	FREI - LIBERO - FREE				
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00			FREI - LIBERO - FREE		
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30					
18.30 - 19.00					
19.00 - 19.30					
19.30 - 20.00				FREI - LIBERO - FREE	
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30					
21.30 - 22.00					

	SONNTAG - DOMENICA - SUNDAY				
	Bahn/corsia/lane 1	Bahn/corsia/lane 2	Bahn/corsia/lane 3	Bahn/corsia/lane 4	Bahn/corsia/lane 5
10.00 - 10.30					
10.30 - 11.00					
11.00 - 11.30					
11.30 - 12.00		FREI - LIBERO - FREE			
12.00 - 12.30					
12.30 - 13.00					
13.00 - 13.30					
13.30 - 14.00					
14.00 - 14.30					
14.30 - 15.00		FREI - LIBERO - FREE			
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30					
16.30 - 17.00					
17.00 - 17.30					
17.30 - 18.00					
18.00 - 18.30			FREI - LIBERO - FREE		
18.30 - 19.00					
19.00 - 19.30					
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00					
21.00 - 21.30				FREI - LIBERO - FREE	
21.30 - 22.00					