

Harmonogram treningów. Projekt współfinansowany ze środków PFRON Konkurs
1/2023 pn. „Możemy więcej”
Projekt "Niezależne życie 2024 - 2025"



| Data | dzień tygodnia | Trening aktywizująco wspierający | | Trening kompetencji społecznych | Zajęcia Grupowe z organizacji czasu wolnego | Asysta w porze nocnej | Fizjoterapia |
|------------|----------------|----------------------------------|---------------|---------------------------------|---|-----------------------|---------------|
| | | Trening w godzinach | | | | | |
| 1.09.2024 | niedz | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 2.09.2024 | pon | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 3.09.2024 | wt | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | 19.00 - 20.00 |
| 4.09.2024 | śr | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 5.09.2024 | czw | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 6.09.2024 | pt | 6.30 - 7.30 | 15.30 - 19.00 | 19.00 - 21.00 | | 22.00 - 6.00 | |
| 7.09.2024 | sob | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 8.09.2024 | niedz | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 9.09.2024 | pon | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 10.09.2024 | wt | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | 19.00 - 20.00 |
| 11.09.2024 | śr | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 12.09.2024 | czw | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 13.09.2024 | pt | 6.30 - 7.30 | 15.30 - 19.00 | 19.00 - 21.00 | | 22.00 - 6.00 | |
| 14.09.2024 | sob | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 15.09.2024 | niedz | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 16.09.2024 | pon | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 17.09.2024 | wt | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | 19.00 - 20.00 |
| 18.09.2024 | śr | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 19.09.2024 | czw | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 20.09.2024 | pt | 6.30 - 7.30 | 15.30 - 19.00 | 19.00 - 21.00 | | 22.00 - 6.00 | |
| 21.09.2024 | sob | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 22.09.2024 | niedz | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 23.09.2024 | pon | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 24.09.2024 | wt | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | 19.00 - 20.00 |
| 25.09.2024 | śr | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 26.09.2024 | czw | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |
| 27.09.2024 | pt | 6.30 - 7.30 | 15.30 - 19.00 | 19.00 - 21.00 | | 22.00 - 6.00 | |
| 28.09.2024 | sob | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 29.09.2024 | niedz | 6.30 - 7.30 | 15.30 - 19.00 | | 8.00 - 14.00 | 22.00 - 6.00 | |
| 30.09.2024 | pon | 6.30 - 7.30 | 15.30 - 19.00 | | | 22.00 - 6.00 | |