

## SEKCJE WSPINACZKOWE MURALL GÓRCZEWSKA - SEZON 2025/2026

| DOROŚLI ORAZ MŁODZIEŻ 16+     |                             | DZIECI  |          |                             |                       |
|-------------------------------|-----------------------------|---------|----------|-----------------------------|-----------------------|
| POCZĄTKUJĄCY                  | KONTYNUACJA                 | 5-7 LAT | 8-12 LAT | 13-16 LAT POCZĄTKUJĄCE      | 13-16 LAT KONTYNUACJA |
| PONIEDZIAŁEK                  |                             |         |          |                             |                       |
| MATEUSZ<br>ZIELIŃSKI<br>19:00 | AGNIESZKA<br>ZAJĄC<br>20:00 |         |          | AGNIESZKA<br>ZAJĄC<br>18:30 |                       |
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**Zapisy i info: [sekcje-gorczevska@murall.pl](mailto:sekcje-gorczevska@murall.pl)**

**LEGENDA:**

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|  | DOROŚLI POZACZKUJĄCY ORAZ MŁODZIEŻ 16+ |
|  | DOROŚLI KONTYNUACJA ORAZ MŁODZIEŻ 16+  |
|  | SIŁOWNIA                               |
|  | DZIECI 5-7 LAT                         |
|  | DZIECI 8-12 LAT                        |
|  | DZIECI 13-16 LAT POZACZKUJĄCE          |
|  | DZIECI 13-16 LAT KONTYNUACJA           |
|  | SPORT                                  |
|  | BRAK MIEJSC                            |

## SEKCJE WSPINACZKOWE MURALL KRAKOWSKA - SEZON 2025/2026

| DOROŚLI ORAZ MŁODZIEŻ 16+               |                              |                           |                                 |                                 | DZIECI                          |                              |                                 |                           |                               |
|-----------------------------------------|------------------------------|---------------------------|---------------------------------|---------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------|-------------------------------|
| POCZĄTKUJĄCY                            |                              | KONTYNUACJA               |                                 | SIŁOWNIA                        | 5-7 LAT                         | 8-12 LAT                     |                                 | 13-16 LAT<br>POCZĄTKUJĄCE | 13-16 LAT KONTYNUACJA         |
| PONIEDZIAŁEK                            |                              |                           |                                 |                                 |                                 |                              |                                 |                           |                               |
| BARTEK<br>PAŚKO<br>18:00                | OLEK<br>MRÓZ<br>7:00         | MICHAŁ<br>SŁOWIK<br>18:30 |                                 |                                 | BARTEK<br>SZYSZKOWS<br>KI 17:00 | MARTYNA<br>SZYNDLER<br>17:00 | TOMEK<br>GABI<br>17:00          |                           |                               |
|                                         |                              | BARTEK<br>PAŚKO<br>20:00  |                                 | TRENING<br>MOTORYCZN<br>Y 20:45 |                                 | MARTYNA<br>SZYNDLER<br>18:30 | TOMEK<br>GABI<br>18:30          |                           |                               |
| WTOREK                                  |                              |                           |                                 |                                 |                                 |                              |                                 |                           |                               |
| ERYK<br>LISZEWSKI -<br>FIRMOWA<br>18:00 |                              |                           |                                 |                                 |                                 | KASIA<br>PLEWICKA<br>17:00   | BARTEK<br>SZYSZKOWS<br>KI 17:00 |                           |                               |
| BARTEK<br>PAŚKO<br>20:00                | OLEK<br>MRÓZ<br>20:00        |                           | MICHAŁ<br>SŁOWIK<br>20:00       |                                 |                                 | KASIA<br>PLEWICKA<br>18:30   | BARTEK<br>SZYSZKOWS<br>KI 18:30 |                           | MIKOŁAJ<br>NOWOTNIK<br>18:30  |
| ŚRODA                                   |                              |                           |                                 |                                 |                                 |                              |                                 |                           |                               |
|                                         |                              |                           |                                 |                                 | TOMEK<br>GABI<br>17:00          |                              |                                 |                           | KRZYSIEK<br>NOWIŃSKI<br>18:30 |
| MICHAŁ<br>SŁOWIK<br>20:00               |                              |                           | MICHAŁ<br>SŁOWIK<br>18:00       | TRENING<br>MOTORYCZN<br>Y 20:15 |                                 | TOMEK GABI<br>18:30          |                                 |                           |                               |
|                                         | ERYK<br>LISZEWSKI<br>I 20:00 |                           |                                 |                                 |                                 |                              |                                 |                           |                               |
| CZWARTEK                                |                              |                           |                                 |                                 |                                 |                              |                                 |                           |                               |
| PIOTREK<br>LISZEWSKI<br>18:00           |                              | MICHAŁ<br>SŁOWIK<br>18:30 | BARTEK<br>SZYSZKOWS<br>KI 18:15 |                                 | BARTEK<br>SZYSZKOWS<br>KI 17:00 | ERYK<br>LISZEWSKI<br>17:00   |                                 |                           |                               |
|                                         |                              | MICHAŁ<br>SŁOWIK<br>20:30 | BARTEK<br>SZYSZKOWS<br>KI 20:15 | PIOTREK<br>LISZEWSKI<br>20:00   |                                 | ERYK<br>LISZEWSKI<br>18:30   |                                 |                           |                               |
| PIĄTEK                                  |                              |                           |                                 |                                 |                                 |                              |                                 |                           |                               |
|                                         |                              |                           |                                 |                                 | TOMEK<br>GABI<br>17:00          | OLEK<br>MRÓZ<br>17:00        |                                 | TOMEK<br>GABI<br>17:00    |                               |
|                                         |                              |                           |                                 |                                 |                                 | OLEK<br>MRÓZ<br>18:30        |                                 |                           |                               |
| SOBOTA                                  |                              |                           |                                 |                                 |                                 |                              |                                 |                           |                               |

Zapisy i info: [sekcje-krakowska@murall.pl](mailto:sekcje-krakowska@murall.pl)

## LEGENDA:

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|  | DOROŚLI POCZĄTKUJĄCY ORAZ MŁODZIEŻ 16+ |
|  | DOROŚLI KONTYNUACJA ORAZ MŁODZIEŻ 16+  |
|  | SIŁOWNIA                               |

|  |                               |
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|  | DZIECI 5-7 LAT                |
|  | DZIECI 8-12 LAT               |
|  | DZIECI 13-16 LAT POCZĄTKUJĄCE |
|  | DZIECI 13-16 LAT KONTYNUACJA  |

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|  | SPORT |
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|  | BRAK MIEJSC |
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