

TIMETABLE FOR SPORTS CENTER 2025/26 FALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 8.30	<p><u>RUNNING FUT01</u> University Hall: Dr. S. J. 25</p> <p><u>CONDITIONING, RUNNING KF01</u> University Hall Fitness room: Kné Gy. A. 35</p> <p><u>CONDITIONING KONDI01</u> Training Hall, Conditioning Room S.P. 20</p> <p><u>BODY SHAPING AEROBICS E41</u> Training Hall 1 track B-W.R. 30</p> <p><u>SWIMMING (ADVANCED) 10.00 UH01</u> Aqua Sports Center: Dr. S.J. 24</p> <p><u>SWIMMING (ADVANCED) 10:00 a.m. UH02</u> Magyar Vilmos Swimming Pool: B.J. 18</p>	<p><u>SWIMMING (ADVANCED)</u> Aqua Sports Center: G. T. 24</p> <p><u>Cheerleading</u> Training Hall Court 3: H. P.A.. 25</p> <p><u>BADMINTON</u> Training Hall 1-2 Court: Dr.Z.G.. 18</p> <p><u>HEART RATE MONITORING RUNNING</u> Training hall, outdoor running track: Dr. K. Zs. 30</p> <p><u>SMALL FIELD SOCCER</u> University Hall: Dr. S. J. 24</p> <p><u>CONDITIONING, RUNNING</u> University Hall. Fitness room: Kné Gy.A. 35</p> <p><u>FITNESS</u> Multifunctional building, Conditioning room: Gy. N. 20</p> <p><u>SWIMMING (ADVANCED) 9.30</u> Aqua Sports Center: G.T. 18</p>	<p><u>SWIMMING (ADVANCED)</u> Aqua Sports Center: Dr. B.I.. 18</p> <p><u>FITNESS TRAINING, RUNNING</u> University Hall Fitness room: Gy. N. 35</p> <p><u>FITNESS TRAINING, RUNNING</u> Training Hall, Fitness Room: V.M. 20</p> <p><u>CROSSFIT, CIRCUIT TRAINING</u> Training hall, track 1: S.P. 20</p> <p><u>AEROFITNESS</u> Gym Court 3: B-W.R. 25</p> <p><u>BASKETBALL</u> Gym Court 2: Dr. K.Zs.. 24</p>	<p><u>SWIMMING (ADVANCED)</u> Aqua Sports Center: Dr. S.J.. 24</p> <p><u>FITNESS</u> Training hall Fitness room: Gy. N. 20</p> <p><u>FIT DANCE</u> Training hall, track 3: H. P.A. 80</p> <p><u>ROWING (ADVANCED AND BEGINNER)</u> Rowing boathouse: Dr.A.Z. 25</p> <p><u>SWIMMING (ADVANCED) 9:30</u> Magyar Vilmos Swimming Pool: Kné Gy. A.18</p> <p><u>SWIMMING (ADVANCED) 9:30</u> Aqua Sports Center: Dr. S.J. 24</p>	<p><u>SWIMMING (ADVANCED)</u> Aqua Sports Center: G. T. 24</p> <p><u>FITNESS TRAINING, RUNNING</u> University Hall Fitness room: V.M. 35</p> <p><u>SWIMMING (ADVANCED) 9:30</u> Aqua Sports Center: G. T. 24</p>
3-4 10:20	<p><u>FITNESS TRAINING, RUNNING KF03</u> University Hall Fitness room: Kné Gy.A. 35</p> <p><u>BODY SHAPING AEROBICS E42</u> Training Hall 3 tracks B-W.R. 30</p> <p><u>TRX, KETTLEBELL E01</u> Training hall, court 1: Gy. N. 20</p> <p><u>SWIMMING (ADVANCED) 11:00 UH03</u> Magyar Vilmos Swimming Pool: B.J. 24</p> <p><u>SWIMMING (BEGINNER) 12:00 UK01</u> Magyar Vilmos Swimming Pool: B.J. 16</p>	<p><u>FITNESS TRAINING</u> University Hall Fitness room: Kné Gy.A. 35</p> <p><u>RUNNING</u> Training hall, outdoor running track: S.P. 30</p> <p><u>FITNESS</u> Multifunctional building, Fitness room: DrB.I. 20</p> <p><u>FITNESS TEST</u> Ergometry lab: Dr. Z.G. 40</p> <p><u>ADVANCED FLOORBALL II</u> Training hall 1-3 courts: G.T. 16</p> <p><u>CONDITIONING</u> Training hall. Conditioning room: B.J. 20</p> <p><u>SWIMMING (ADVANCED) 10:30</u> Aqua Sports Center: Dr. K.Zs 24</p> <p><u>SWIMMING (ADVANCED) 11:30</u> Aqua Sports Center: Dr. K.Zs 24</p>	<p><u>FITNESS TRAINING, RUNNING</u> University Hall Fitness room: Kné Gy.A. 35</p> <p><u>RUNNING, NORDIC WALKING</u> Training hall, outdoor running track: B.J. 30</p> <p><u>TRX, KETTLEBELL</u> Training hall, track 1: Gy. N. 16</p> <p><u>FITNESS TEST</u> Ergometry lab: Dr. S.J. 40</p> <p><u>AEROFITNESS E22</u> Gym Court 2: B-W.R. 25</p> <p><u>SWIMMING (ADVANCED) 10:30</u> Aqua Sports Center: Dr. K.Zs 24</p> <p><u>SWIMMING (ADVANCED) 11:30</u> Aqua Sports Center: Dr. K.Zs 24</p>	<p><u>RUNNING</u> Training hall, outdoor running track: Gy. N. 25</p> <p><u>FITNESS</u> Training hall, fitness room: B. J. 16</p> <p><u>SWIMMING (ADVANCED) 10:30</u> Magyar Vilmos Swimming Pool: Kné Gy. A. 24</p> <p><u>SWIMMING (ADVANCED) 10:30</u> Aqua Sports Center: V.M.. 24</p> <p><u>SWIMMING (ADVANCED) 11:30</u> Aqua Sports Center: B-W.R. 24</p>	<p><u>RUNNING</u> Training hall, outdoor running track: V.M. 25</p> <p><u>VOLLEYBALL</u> Training hall, court 2: S.P. 26</p> <p><u>SWIMMING (ADVANCED) 10:30</u> Magyar Vilmos Swimming Pool: Gy.N.18</p> <p><u>SWIMMING (ADVANCED) 10:30</u> AQUA SPORTS CENTER: Dr. S.J. 24</p> <p><u>SWIMMING (ADVANCED) 11:30</u> Aqua Sports Center: Dr. S. J. 24</p>
5-6 12:10	<p><u>FIT DANCE E02</u> Training hall 1-3 courts: H. P.A. 80</p> <p><u>PILATES, CALLANETICS E03</u> Apáczai Hall: Kné Gy. A. 80</p> <p><u>CONDITIONING, RUNNING KF04</u> University Hall Fitness room: Dr.Gy.T. 35</p> <p><u>CONDITIONING, RUNNING</u> Training Hall, Conditioning Room: Dr. S. J. 20</p> <p><u>FITNESS TEST</u> (class in English) Ergometry lab: Dr. Z.G. 40</p> <p><u>FIFA E-sport</u> E-sport room, B.Á. 15</p> <p><u>SWIMMING (BEGINNERS) 13:00</u></p>	<p><u>SWIMMING (BEGINNERS) 12:00</u> (also available in English) Magyar Vilmos Swimming Pool: V.M. 12</p> <p><u>SWIMMING (ADVANCED) 12:30</u> Aqua Sports Center: S.P. 24</p> <p><u>BASKETBALL</u> University Hall: Dr. Gy.T. 24</p> <p><u>SPORT CLIMBING</u> Training Hall 1-3 courts: G.T.15</p> <p><u>POSTURE CORRECTION AND BODY SHAPING EXERCISES</u> Apáczai Hall: B. J. 45</p> <p><u>SWIMMING (ADVANCED) 13:00</u> Aqua Sports Center: Dr. S.J. 18</p>	<p><u>PILATES, CALLANETICS</u> University Hall: Kné. Gy.A. 140</p> <p><u>SWIMMING (ADVANCED) 12:00</u> Magyar Vilmos Swimming Pool: Dr. S. J. 24</p> <p><u>FITNESS</u> University Hall Fitness room: B. J. 35</p> <p><u>SMALL-FIELD SOCCER</u> Training Hall 1-3 courts: S.P. 24</p> <p><u>SWIMMING (ADVANCED) 13:00</u> Aqua Sports Center: V.M. 18</p>	<p><u>SMALL-FIELD SOCCER</u> University Hall: V. M. 24</p> <p><u>POSTURE IMPROVEMENT AND BODY SHAPING EXERCISES</u> Training hall 1-2 courts: B.J. 30</p> <p><u>FIFA E-sport</u> E-sports room, B.Á. 15</p> <p><u>RACKET SPORTS E44 ???????</u> Brigantín: Dr. Gy. T.. 20</p> <p><u>KAYAKING, CANOEING, AND WATER TOURING SKILLS</u> Training hall, gym: Dr. Z.G. 16</p> <p><u>SWIMMING (ADVANCED) 12:30</u> Aqua Sports Center: Dr. B. I. 18</p>	

	Vilmos Magyar Swimming Pool: B.J. 16 TEQBALL University Hall: D. A. 15			<u>CONDITIONING</u> University Hall Fitness room: Dr. S. J. 35	
7-8 14	<u>CONDITIONING, RUNNING</u> University Hall Fitness room: Dr. Gy. T. 35 <u>CROSSFIT, CIRCUIT TRAINING</u> Training Hall 1st track S.P. 20 <u>CONDITIONING</u> Training Hall, Conditioning Room: V.M. 20 <u>Cheerleader</u> Gym, Court 2: H. P.A.. 25 <u>SWIMMING (ADVANCED)</u> Aqua Sports Center: Dr. S.J. 24 <u>ROWING (ADVANCED AND BEGINNER)</u> (English language class) Rowing boathouse: Dr. A.Z. 25 <u>BACKGAMMON</u> K0 College conference room: M.R. 20 <u>CONDITIONAL FITNESS TRAINING 3:40-5:15 P.M.</u> Apáczai room: Gy. N. 20	<u>CONDITIONING, RUNNING</u> University Hall Conditioning Room: Dr. Gy.T. 35 <u>SMALL-FIELD SOCCER</u> University Hall: V. M. 24 <u>VOLLEYBALL</u> Training Hall 1-2: S.P. 26 <u>KAYAKING, CANOEING, and water touring skills</u> Training Hall, Fitness Room: G.T. 16 FITNESS TEST 15:40 Ergometry lab: G. T. 40 <u>CONDITIONING 16:30</u> University Hall, Fitness Room: S.P.35 <u>CHESS 16:30</u> Dormitory K0 Dr.Gy.T.	<u>CONDITIONING, RUNNING</u> University Hall Fitness room: Kné Gy.A. 35 <u>Power aerobics</u> Training Hall 2nd Court: H. P.A.. 60 <u>ROWING (ADVANCED)</u> Rowing boathouse: Dr. A.Z. 25 <u>BACKGAMMON</u> K0 College conference room: M.R. 20 SIMULATION SPORT - GOLF ETO Park-Uni Elite Sports Club, Dr.Gy.T 15 <u>SWIMMING (ADVANCED)</u> Aqua Sports Center: V.M. 24 <u>FITNESS TRAINING 3:40-5:15 P.M.</u> Apáczai Hall: Gy. N. 20 SIMULATION SPORT - GOLF 3:40-5:15 p.m. ETO Park-Uni Elite Sports Club, Dr.Gy.T 15 <u>ADVANCED SPORTS CLIMBING II 4:30 P.M.</u> Training hall: G.T. 15 <u>CONDITIONING 16:30</u> University Hall, Conditioning Room: S.P. 35 CURLING 18:15-19:15 E37 Győr Ice Rink: Dr.Gy.T. 20	<u>CONDITIONING, RUNNING</u> University Hall Fitness Room: Dr. Gy.T. 35 <u>SPORT CLIMBING</u> Training Hall: Dr. Z. G. 15 <u>CONDITIONING, RUNNING</u> Training Hall, Conditioning Room: V.M. 20 SIMULATION SPORT - GOLF 15:40-17:15 ETO Park-Uni Elite Sport Club, Dr. Gy. T. 15 <u>ICE SKATING 19:00-20:00 E38</u> Győr Ice Rink: G.T. 20	<u>SWIMMING (BEGINNERS) 15:00-16:00 UK+</u> Magyar Vilmos Swimming Pool: Dr.B.I. 12 English language class <u>SAFE FALLING 3:40-5:15 P.M.</u> Apáczai Hall: Gy. N. 20

ABBREVIATIONS: **DR. A.Z.**-Dr. Zoltán Alföldi, **B.A.**-Ádám Borkai, **Dr.BI.** – Dr. István Barthalos, **B.J.**- Judit Budaházi, **B-W.R.** – Rebeka Benedek-Weisz, **D.A.** – András Debreceni, **G.T.**- Tamás Gasztonyi, **Gy.N.** – Nikolett Gyimes, **Dr. Gy.T.** – Dr. Tamás Gyömörei, **H-P.A.** – Anna Horváth-Pápai, **Dr. K.Zs.** – Dr. Zsolt Katona
Kné Gy.A. - Anita Kovácsné Gyenesei, **M.R.** - Richárd Máté, **Dr. S. J.** - Dr. József Simon, **S. P.** - Péter Sólymos, **Dr. Z. G.** - Dr. Géza Zakariás