TIMETABLE PHYSICAL EDUCATION AND SPORTS CENTRE 2023/24 FALL ESDAY WEDNESDAY THURS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	RUNNING	SWIMMING (ADVANCED)	SWIMMING (ADVANCED)	SWIMMING (ADVANCED)	SWIMMING (ADVANCED)
	University Hall: Dr., S. J.	Aqua Sports Centre: G. T.	Aqua Sports Centre: Kné Gy. A.	Aqua Sports Centre: Dr. K. Zs.	Aqua Sports Centre: G. T.
1-2	CONDITIONING, RUNNING University Hall	Cheerleader Training Hall Track 3 P.A. WOMEN'S CARDIO, RUNNING AND CONDITIONING	CONDITIONING, RUNNING University Hall GYM,: Gy. N.	CONDITIONING Training hall GYM., Gy. N.	CONDITIONING, RUNNING
8.30	Conditioning room: Kné Gy. A.	University Hall, GYM: Dr.K.ZS.	CONDITIONING, RUNNING Training hall, Conditioning room:V.M.	FLOORBALL Training hall 1-2 courts: G.T.	University Hall, GYM: V.M.
	TRAINING HALL, GYM, S.P.	BADMINTON Training hall, court 1: DrZ.G.	CIRCUIT TRAINING Training hall 1st court: S.P.	FIT DANCE Training hall, court 3: P.A.	SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: G. T.
	ROWING (ADVANCED AND BEGINNER) Rowing boathouse: Dr A.Z.	SMALL SIDED FOOTBALL University Hall: Dr., S. J.	SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: Dr. K.ZS.	Rowing (ADVANCED AND BEGINNER) Rowing boathouse*: Dr. A.Z.	
	CONDITIONING, RUNNING Multifunctional building, GYM.:B.J.	CONDITIONING, RUNNING Training hall. GYM :Kné Gy.A.		SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: Dr. K. Zs.	
	SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: Dr S.J.	CONDITIONING Multifunctional building, Kond. hall:		SWIMMING (BEGINNERS) 10.00 Rába Quelle Complex: Dr.S.J.	
		Gy. N. SWIMMING (ADVANCED) 9.30			
		Aqua Sports Centre: G.T.			

	CONDITIONING, RUNNING	CONDITIONING	CONDITIONING, RUNNING	CONDITIONING, RUNNING	RUNNING
	University Hall	University Hall	University Hall	University Hall, GYM: Kné Gy.A.	Gym, outdoor RUNNING track: V.M.
	Conditioning room: Kné Gy.A.	Conditioning room: Kné Gy.A.	Conditioning room: Kné Gy.A.		-, ,
3-4				RUNNING	VOLLEYBALL
	CONDITIONING	RUNNING	RUNNING, NORDIC WALKING	Gym, outdoor RUNNING track: Gy. N.	Training hall 2nd court: S.P.
10.20	TRAINING HALL, GYM, Dr. A.Z.	Gym, outdoor RUNNING track: S.P.	Gym, outdoor RUNNING track: B.J.		
		CONDITIONING		CONDITIONING	CONDITIONING, RUNNING
	TRX, KETTLEBELL	Multifunctional building, Kond. hall:	MARTIAL ARTS	Training hall, Kond. hall: B. J.	Multifunctional building, gym: Gy.N.
	Training hall, court 1: Gy. N.	P.A.	Training hall, court 1: Gy. N.	<i>g</i> ,	6, 8, · · ·
		FITNESS TEST		SWIMMING (ADVANCED) 10.30	FITNESS test
	RUNNING, CYCLING	Ergometry lab: Dr., Z.G.	FITNESS test	Aqua Sports Centre: Dr. A.Z.	Ergo lab: G. T.
	Dr.essing in bad weather	FLOORBALL	Ergometry lab: Dr. S.J.	riqua oporto contro on rinzi	Elgo mor or ri
	Training hall, court 2: Dr. K.ZS.	Training hall 1-3 courts: G.T.	Zigometry mor zir sio	SWIMMING (ADVANCED) 11.30	
	Training man, court 2: 21: 11:25:	CONDITIONING, RUNNING		Aqua Sports Centre: Dr. A.Z.	SWIMMING (ADVANCED) 10.30
	SWIMMING (ADVANCED) 10.30	Training hall. GYM: B.J.	SWIMMING (ADVANCED) 10.30	riqua oporto conaci ori rise.	AQUA SPORTS CENTRE: Dr. S.J.
	Magyar Vilmos Swimming Pool: B.J.	SWIMMING (ADVANCED) 10.30	AQUA SPORTS CENTRE: DrK.ZS.		Tigetter entre elevitile bit entre
	SWIMMING (BEGINNERS) 11.30	Agua Sports Centre: Dr. K.Zs	Tigetter entre eller inter eller entre eller ell		SWIMMING (ADVANCED) 11.30
	Magyar Vilmos Swimming Pool:: B.J.	SWIMMING (ADVANCED) 11.30			Aqua Sports Centre: Dr. S. J.
	Wagyar Vinnos Swimming Footi. B.s.	Aqua Sports Centre: Dr. K.Zs			rique sports contre. Br. S. v.
		riqui sports comici si rissi			
	FIT DANCE	SWIMMING (ADVANCED) 12.30	SWIMMING (BEGINNERS) 12.00	CONDITIONING	
	Training hall 1- 2 courts: P.A.	Aqua Sports Centre : S.P.	Rába Quelle Complex: V.M.	University Hall, GYM: Dr.S.J.	
5-6			Zinin Zinin cumpram vani		
	PILATES, CALLANETICS	CONDITIONING, RUNNING	PILATES, CALLANETICS	CONDITIONING, RUNNING	
12.10	Apáczai Hall: Kné Gy. A.	University Hall, GYM: Dr. A.Z.	University Hall: Kné. Gy.A.	Training Hall, GYM: Kné. Gy.A.	
	CONDITIONING, RUNNING	BASKETBALL	HEART RATE CONTROLLED RUNNING,	SMALL SIDED FOOTBALL	
	Training hall, Gym: Dr. A.Z.	University Hall :Dr. Gy.T.	CYCING (ENGLISH LESSONS)	University Hall: V. M.	
			Gym and outdoor RUNNING track: Dr.	GYMNASTICS TO IMPROVE POSTURE	
	FITNESS TEST	WALL CLIMBING	K.ZS.	AND SHAPE	
	(English lessons)	Training hall 2-3 courts: G.T.		Training hall 1st court: B.J.	
	Ergo lab: DrZ.G.	5	CONDITIONING	8	
	<u> </u>	MAINTENANCE AND	University Hall, GYM: B. J.	KAYAK-CANOEING, WATER TOUR	
	BASKETBALL	SHAPING GYMNASTICS	, ., -	SKILLS	
	University Hall: DrK.ZS.	Apáczai Hall: B. J.	SMALL SIDED FOOTBALL	Training hall 3.track: Dr.Z.G.	
		1	Training hall : S.P.	<i>G C</i>	
1		SWIMMING (ADVANCED) 13.00	6	SWIMMING (ADVANCED) 12.30	
	SWIMMING (BEGINNERS) 12.30	Aqua Sports Centre : Dr. S.J.	SWIMMING (ADVANCED) 13.00	Aqua Sports Centre: Dr. A.Z.	
	Magyar Vilmos Swimming Pool: B.J.	<u> </u>	Aqua Sports Centre: V.M.		
			<u> </u>	Frizbee	
				Outdoor track, Zoltán Erdősi	
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	CONDITIONING, RUNNING	CONDITIONING, RUNNING	CONDITIONING, RUNNING	CONDITIONING, RUNNING	<u>SAFE FALLING 15.40-17.15</u>			
7-8	University Hall	University Hall	University Hall	University Hall	Apáczai Hall Gy. N.			
	Conditioning room: DrGy.T.	Conditioning room: Dr Gy.T.	Conditioning room: Dr Gy. T.	Conditioning room: Dr.Gy.T.				
14.00								
	CROSSFIT, RUNNING (heart rate	CONDITIONING, RUNNING	ROWING (ADVANCED)	SPORTS CLIMBING				
	control)	Gym, Conditioning room:DR A.Z.	Rowing boathouse: Dr. A.Z.	Training hall: Dr .Z. G.				
	Training Hall Track 3 S.P.							
		SMALL SIDED FOOTBALL	BACKGAMMON					
	CONDITIONING	University Hall: V. M.	K0 College conference room :M.R.	CONDITIONING, RUNNING				
	Training hall, GYM: V.M.			Training hall, Conditioning room:V.M.				
		VOLLEYBALL	SWIMMING (ADVANCED)					
	SWIMMING (ADVANCED)	Training hall, court 2: S.P.	Aqua Sports Centre: V.M.					
	Aqua Sports Centre: Dr. S.J.			FIFA E-sport 17,20-18.50				
			SAFE FALLING 15.40-17.15	E-sport room, B.Á.				
	<u>BACKGAMMON</u>	KAYAK- CANOEING, WATER TOUR	Sports Park: Gy. N.					
	K0 College conference room :M.R.	SKILL/ CONDITIONING, RUNNING						
		Training hall, track 3: G.T.	SPORTS CLIMBING 16.30					
	CONDITIONING DEVELOPMENT FROM		Training hall: G.T.					
	<u>15.40 to 17.15</u>							
	Apáczai Hall: Gy. N.	CONDITIONING 16.30	CONDITIONING 16.30					
	FIFA E-sport 17.20-18.50	University Hall, GYM: S.P.	University Hall, Kond. hall: S.P.					
	E-sport room, B.Á.							
	SCANDER 17.20-18.50			ICE SKATING 19.00				
	Apáczai Hall, Gy.T.			Iceskating Rink*: G.T.				
				Cheerleader 20.00				
				Training Hall Track 2 P.A.				
ABBREVIAT	ABBREVIATIONS: Dr.A.ZDr Zoltán Alföldi, B.Á Ádám Borkai, B.J Judit Budaházi, G.T Tamás Gasztonyi, Gy.N Nikolett Gyimes, Dr., Gy.T Dr Tamás Gyömörei, Dr.K.ZS Dr Zsolt Katona							

ABBREVIATIONS: Dr.A.Z.-Dr.. Zoltán Alföldi, B.Ā.- Ádám Borkai, B.J.- Judit Budaházi, G.T.- Tamás Gasztonyi, Gy.N.- Nikolett Gyimes, Dr.. Gy.T.- Dr.. Tamás Gyömörei, Dr.K.ZS.- Dr.. Zsolt Katona Kné Gy.A. - Kovácsné Gyenesei Anita, P.A.- Anna, Pápai Dr.. S. J. - Dr.. Simon József, S. P.- Péter Sólymos, Dr..Z. G.- Dr.. Géza Zakariás, V.M. Márton Vitéz, *Outside Sports Complex = Körtöltés street * Rowing boathouse=GYAC Kálóczi tér, *Iceskating Rink= Győr, Nagysándor J. u. 52.