

TIMETABLE PHYSICAL EDUCATION AND SPORTS CENTRE 2023/24 FALL

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

<p>3-4 10.20</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Kné Gy.A.</p> <p><u>CONDITIONING</u> TRAINING HALL, GYM, Dr. A.Z.</p> <p><u>TRX, KETTLEBELL</u> Training hall, court 1: Gy. N.</p> <p><u>RUNNING, CYCLING</u> Dr.essing in bad weather Training hall, court 2: Dr. K.ZS.</p> <p><u>SWIMMING (ADVANCED) 10.30</u> <i>Magyar Vilmos Swimming Pool:</i> B.J. <u>SWIMMING (BEGINNERS) 11.30</u> <i>Magyar Vilmos Swimming Pool::</i> B.J.</p>	<p><u>CONDITIONING</u> University Hall Conditioning room: Kné Gy.A.</p> <p><u>RUNNING</u> Gym, outdoor RUNNING track: S.P.</p> <p><u>CONDITIONING</u> Multifunctional building, Kond. hall: P.A.</p> <p><u>FITNESS TEST</u> Ergometry lab: Dr.. Z.G.</p> <p><u>FLOORBALL</u> Training hall 1-3 courts: G.T.</p> <p><u>CONDITIONING, RUNNING</u> Training hall. GYM: B.J.</p> <p><u>SWIMMING (ADVANCED) 10.30</u> Aqua Sports Centre: Dr. K.Zs</p> <p><u>SWIMMING (ADVANCED) 11.30</u> Aqua Sports Centre: Dr. K.Zs</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Kné Gy.A.</p> <p><u>RUNNING, NORDIC WALKING</u> Gym, outdoor RUNNING track: B.J.</p> <p><u>MARTIAL ARTS</u> Training hall, court 1: Gy. N.</p> <p><u>FITNESS test</u> Ergometry lab: Dr. S.J.</p> <p><u>SWIMMING (ADVANCED) 10.30</u> AQUA SPORTS CENTRE: Dr..K.ZS.</p>	<p><u>CONDITIONING, RUNNING</u> University Hall, GYM: Kné Gy.A.</p> <p><u>RUNNING</u> Gym, outdoor RUNNING track: Gy. N.</p> <p><u>CONDITIONING</u> Training hall, Kond. hall: B. J.</p> <p><u>SWIMMING (ADVANCED) 10.30</u> Aqua Sports Centre: Dr. A.Z.</p> <p><u>SWIMMING (ADVANCED) 11.30</u> Aqua Sports Centre: Dr. A.Z.</p>	<p><u>RUNNING</u> Gym, outdoor RUNNING track: V.M.</p> <p><u>VOLLEYBALL</u> Training hall 2nd court: S.P.</p> <p><u>CONDITIONING, RUNNING</u> Multifunctional building, gym: Gy.N.</p> <p><u>FITNESS test</u> Ergo lab: G. T.</p> <p><u>SWIMMING (ADVANCED) 10.30</u> AQUA SPORTS CENTRE: Dr. S.J.</p> <p><u>SWIMMING (ADVANCED) 11.30</u> Aqua Sports Centre: Dr. S. J.</p>
<p>5-6 12.10</p>	<p><u>FIT DANCE</u> Training hall 1- 2 courts: P.A.</p> <p><u>PILATES, CALLANETICS</u> Apáczai Hall: Kné Gy. A.</p> <p><u>CONDITIONING, RUNNING</u> Training hall, Gym: Dr. A.Z.</p> <p><u>FITNESS TEST</u> (English lessons) Ergo lab: Dr..Z.G.</p> <p><u>BASKETBALL</u> University Hall: Dr..K.ZS.</p> <p><u>SWIMMING (BEGINNERS) 12.30</u> <i>Magyar Vilmos Swimming Pool:</i> B.J.</p>	<p><u>SWIMMING (ADVANCED) 12.30</u> Aqua Sports Centre : S.P.</p> <p><u>CONDITIONING, RUNNING</u> University Hall , GYM: Dr. A.Z.</p> <p><u>BASKETBALL</u> University Hall :Dr. Gy.T.</p> <p><u>WALL CLIMBING</u> Training hall 2-3 courts: G.T.</p> <p><u>MAINTENANCE AND SHAPING GYMNASTICS</u> Apáczai Hall: B. J.</p> <p><u>SWIMMING (ADVANCED) 13.00</u> Aqua Sports Centre : Dr. S.J.</p>	<p><u>SWIMMING (BEGINNERS) 12.00</u> <i>Rába Quelle Complex:</i> V.M.</p> <p><u>PILATES, CALLANETICS</u> University Hall: Kné. Gy.A.</p> <p><u>HEART RATE CONTROLLED RUNNING, CYCLING</u> (ENGLISH LESSONS) Gym and outdoor RUNNING track: Dr. K.ZS.</p> <p><u>CONDITIONING</u> University Hall, GYM: B. J.</p> <p><u>SMALL SIDED FOOTBALL</u> Training hall : S.P.</p> <p><u>SWIMMING (ADVANCED) 13.00</u> Aqua Sports Centre: V.M.</p>	<p><u>CONDITIONING</u> University Hall, GYM: Dr.S.J.</p> <p><u>CONDITIONING, RUNNING</u> Training Hall, GYM: Kné. Gy.A.</p> <p><u>SMALL SIDED FOOTBALL</u> University Hall: V. M.</p> <p><u>GYMNASTICS TO IMPROVE POSTURE AND SHAPE</u> Training hall 1st court: B.J.</p> <p><u>KAYAK-CANOEING, WATER TOUR SKILLS</u> Training hall 3.track: Dr.Z.G.</p> <p><u>SWIMMING (ADVANCED) 12.30</u> Aqua Sports Centre: Dr. A.Z.</p> <p><u>Frizbee</u> Outdoor track, Zoltán Erdősi</p>	

<p>7-8 14.00</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Dr..Gy.T.</p> <p><u>CROSSFIT, RUNNING</u> (heart rate control) Training Hall Track 3 S.P.</p> <p><u>CONDITIONING</u> Training hall, GYM: V.M.</p> <p><u>SWIMMING (ADVANCED)</u> Aqua Sports Centre: Dr. S.J.</p> <p><u>BACKGAMMON</u> K0 College conference room :M.R.</p> <p><u>CONDITIONING DEVELOPMENT FROM 15.40 TO 17.15</u> Apáczai Hall: Gy. N. <u>FIFA E-sport 17.20-18.50</u> E-sport room, B.Á. <u>SCANDER 17.20-18.50</u> Apáczai Hall, Gy.T.</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Dr.. Gy.T.</p> <p><u>CONDITIONING, RUNNING</u> Gym, Conditioning room:DR.. A.Z.</p> <p><u>SMALL SIDED FOOTBALL</u> University Hall: V. M.</p> <p><u>VOLLEYBALL</u> Training hall, court 2: S.P.</p> <p><u>KAYAK- CANOEING, WATER TOUR SKILL/ CONDITIONING, RUNNING</u> Training hall, track 3: G.T.</p> <p><u>CONDITIONING 16.30</u> University Hall, GYM: S.P.</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Dr.. Gy. T.</p> <p><u>ROWING (ADVANCED)</u> Rowing boathouse: Dr. A.Z.</p> <p><u>BACKGAMMON</u> K0 College conference room :M.R.</p> <p><u>SWIMMING (ADVANCED)</u> Aqua Sports Centre: V.M.</p> <p><u>SAFE FALLING 15.40-17.15</u> Sports Park: Gy. N.</p> <p><u>SPORTS CLIMBING 16.30</u> Training hall: G.T.</p> <p><u>CONDITIONING 16.30</u> University Hall, Kond. hall: S.P.</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Dr.Gy.T.</p> <p><u>SPORTS CLIMBING</u> Training hall: Dr .Z. G.</p> <p><u>CONDITIONING, RUNNING</u> Training hall, Conditioning room:V.M.</p> <p><u>FIFA E-sport 17.20-18.50</u> E-sport room, B.Á.</p> <p><u>ICE SKATING 19.00</u> Iceskating Rink*: G.T. <u>Cheerleader 20.00</u> Training Hall Track 2 P.A.</p>	<p><u>SAFE FALLING 15.40-17.15</u> Apáczai Hall Gy. N.</p>
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ABBREVIATIONS: **Dr.A.Z.**-Dr.. 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

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.