TIMETABLE PHYSICAL EDUCATION AND SPORTS CENTRE 2022/23 SEMESTER II

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 8.30	RUNNING University Hall: Dr. S. J. SWIMMING (ADVANCED) Aqua Sports Centre: K.Zs. CONDITIONING, RUNNING University Hall Conditioning room: Kné Gy. A. CONDITIONING Gym, Conditioning room S.P. CONDITIONING, RUNNINGN Multifunctional building, Kond. hall:B.J. SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: Dr. S.J.	SWIMMING (ADVANCED) Aqua Sports Centre: G. T. Cheerleader Training Hall Track 3 GyT. WOMEN'S CARDIO ,RUNNING AND CONDITIONING University Hall, Kond. hall: K.Zs. BADMINTON Training hall, court 1: Dr.Z.G SMALL SIDED FOOTBALL University Hall: Dr. S. J. CONDITIONING, RUNNING Training hall. Cond. hall: Kné Gy.A. CONDITIONING Multifunctional building, Kond. hall: Gy. N. SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: G.T.	SWIMMING (ADVANCED) Aqua Sports Centre: Kné Gy. A. CONDITIONING, RUNNING University Hall Conditioning room. N. CONDITIONING, RUNNING Training hall, Conditioning room: V.M. DRESSING Training hall 1st court: S.P. SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: K.Zs.	SWIMMING (ADVANCED) Aqua Sports Centre: K. Zs. CONDITIONING Training hall Conditioning room. N. FLOORBALL Training hall 1-2 courts: G.T. FIT DANCE Training hall, court 3: P.A. ROWING (ADVANCED AND BEGINNER) Rowing boathouse: A.Z. SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: K. Zs. SWIMMING (BEGINNERS) 10.00 Aqua Sports Centre: Dr.S.J.	SWIMMING (ADVANCED) Aqua Sports Centre: G. T. CONDITIONING, RUNNING University Hall Conditioning room: V.M. SWIMMING (ADVANCED) 9.30 Aqua Sports Centre: G. T.
3-4 10.20	CONDITIONING, RUNNING University Hall Conditioning room: Kné Gy.A. CONDITIONING Gym, Conditioning room A.Z. TRX, KETTLEBELL Training hall, court 1: Gy. N. CYCLING, CIRCUIT Training hall, court 2: K.Zs. SWIMMING (ADVANCED) 10.30 Aqua Sports Centre: B.J. SWIMMING (BEGINNERS) 11.30 Aqua Sports Centre: B.J.	CONDITIONING University Hall Conditioning room: Kné Gy.A. RUNNING Gym, outdoor RUNNING track: S.P. FITNESS TESTING Ergometry lab: Dr. Z.G. FLOORBALL Training hall 1-3 courts: G.T. CONDITIONING, RUNNING Training hall. Cond. room: B.J. SWIMMING (ADVANCED) 10.30 Aqua Sports Centre: K.Zs SWIMMING (BEGINNERS) 11.30 Aqua Sports Centre: K.Zs	CONDITIONING, RUNNING University Hall Conditioning room: Kné Gy.A. RUNNING, NORDIC WALKING Gym, outdoor RUNNING track: B.J. MARTIAL ARTS Training hall, court 1: Gy. N. FITNESS TESTING Ergometry lab: Dr. S.J. SWIMMING (ADVANCED) 10.30 AQUA SPORTS CENTRE: K.Zs.	CONDITIONING, RUNNING University Hall Conditioning room: Kné Gy.A. RUNNING Gym, outdoor RUNNING track: Gy. N. CONDITIONING Training hall, Kond. hall: B. J. SWIMMING (ADVANCED) 10.30 Aqua Sports Centre: A.Z. SWIMMING (ADVANCED) 11.30 Aqua Sports Centre: A.Z.	RUNNING Gym, outdoor RUNNING track: V.M. VOLLEYBALL Training hall 2nd court: S.P. CONDITIONING, RUNNING Multifunctional building, gym:Gy.N. FITNESS TESTING Ergometry lab: G. T. SWIMMING (ADVANCED) 10.30 AQUA SPORTS CENTRE: Dr. S.J. SWIMMING (ADVANCED) 11.30 Aqua Sports Centre: Dr S. J.
5-6 12.10	FIT DANCE Training hall 1- 2 courts: P.A. PILATES , CALLANETICS Apáczai Hall: Kné Gy. A. CONDITIONING , RUNNING Gym, Conditioning room: A.Z. FITNESS TESTING (English lessons) Ergometry lab: Dr.Z.G. SWIMMING (BEGINNERS) 12.30 Aqua Sports Centre: B.J.	SWIMMING (ADVANCED) 12.00 Aqua Sports Centre : S.P. CONDITIONING, RUNNING University Hall Conditioning room: A.Z. BASKETBALL University Hall :Dr Gy.T. WALL CLIMBING Training hall 2-3 courts: G.T. POSTURE CORRECTION, SHAPING GYMNASTICS Apáczai Hall: B. J. SWIMMING (ADVANCED) 13.00 Aqua Sports Centre : Dr. S.J.	SWIMMING (BEGINNERS) 12.00 Aqua Sports Centre: V.M. PILATES, CALLANETICS University Hall: Kné. Gy.A. RUNNING (PULSE CONTROLL) CYCLING (ENGLISH LESSONS) Gym and outdoor RUNNING track: K.Zs. CONDITIONING University Hall Conditioning room: B. J. SMALL SIDED FOOTBALL Training hall: S.P. SWIMMING (ADVANCED) 13.00 Aqua Sports Centre: v.m.	CONDITIONING University Hall Conditioning room: Dr.S.J. CONDITIONING, RUNNING Gym Conditioning room: Kné. Gy.A. SMALL SIDED FOOTBALL University Hall: V. M. GYMNASTICS TO IMPROVE POSTURE AND SHAPE Training hall 1st court: B.J. KAYAK-CANOEING, CONDITIONING, RUNNING Training hall 3.track: Dr.Z.G. SWIMMING (ADVANCED) 12.30 Aqua Sports Centre: A.Z. Frizbi Outdoor track, Zoltán Erdősi	

	GONDING DINNING	CONDITIONING, RUNNING	CONDITIONING, RUNNING	COMPLETIONING DINNING	MADELLA ADEC 15 40 17 15				
	CONDITIONING, RUNNING University Hall	University Hall	University Hall	CONDITIONING, RUNNING University Hall	MARTIAL ARTS 15.40-17.15 Sports Park: Gy. N.				
7-8	Conditioning room: Dr.Gy.T.	Conditioning room: Dr. Gy.T.	Conditioning room: Dr. Gy. T.	Conditioning room: Dr. Gy.T.	Spoils Fark. Gy. N.				
7-0	Conditioning room. Dr.Gy.1.	Conditioning room. Dr. Gy. 1.	Conditioning room. Dr. Gy. 1.	Conditioning room. Dr. Gy.1.					
	CROSSFIT, RUNNING (heart rate control)	CONDITIONING, RUNNING	ROWING (ADVANCED)	WALL CLIMBING					
14.00	Training Hall Track 3 S.P.	Gym, Conditioning room:A.Z.	Rowing boathouse: A.Z.	Training hall: Dr.Z. G.					
	CONDITIONING	SMALL SIDED FOOTBALL	BACKGAMMON	CONDITIONING, RUNNING	1				
	Training hall, Conditioning room:V.M.	University Hall: V. M.	K0 College conference room :M.R.	Training hall, Conditioning room:V.M.	1				
	SWIMMING (ADVANCED)		SWIMMING (ADVANCED)		ļ				
	Aqua Sports Centre : Dr. S.J.	VOLLEYBALL Training to 11 agent 2 of D	Aqua Sports Centre: v.m.	ICE SKATING 19.00					
		Training hall, court 2: S.P.		Győr Ice Rink: G.T.					
	ROWING (ADVANCED AND BEGINNER)	KAYAK-CANOE, CONDITIONING,	MARTIAL ARTS 15.40-17.15						
	Rowing boathouse: A.Z.	RUNNING Training hall, track 3: G.T.	Sports Park: Gy. N.						
	BACKGAMMON		CLIMBING 16.30						
	K0 College conference room :M.R.		Training hall: G.T.						
		CONDITIONING 16.30							
	STRENGHT AND CONDITIONING	University Hall, Kond. hall: S.P.	1620	FIFA E-sport 17.20-18.50					
	15.40 TO 17.15		CONDITIONING 16.30	E-sport room, B.Á.					
	Sports Complex : Gy. N.		University Hall, Kond. hall:S.P.	2 sport room, D.T.					
	FIFA E-sport 17.20-18.50								
	E-sport room, B.Á.								
	SCANDER 17.20-18.50								
	Apáczai Hall, Gy.T.								
ADDDEMIA	ARREFULATIONS: A Z. Zoltán Alföldi, R Á. Adám Borkai, R L. Judit Budaházi, G. T. Tamás Gasztonyi, Cv. N., Nikolett Gyimes, Dr. Cv. T., Dr. Tamás Gyömörei, K Zs., Zsolt Katona								

ABBREVIATIONS: A.Z.- Zoltán Alföldi, B.Á.- Ádám Borkai, B.J.- Judit Budaházi, G.T.- Tamás Gasztonyi, Gy.N.- Nikolett Gyimes, Dr. Gy.T.- Dr. Tamás Gyömörei, K.Zs.- Zsolt Katona Kné Gy.A. - Kovácsné Gyenesei Anita, P.A.- Pápai Anna, Dr. S. J. - Dr. Simon József, S. P.-Solymos Péter, Dr.Z. G.- Dr. Zakariás Géza, V.M. Vitéz Márton