

TIMETABLE PHYSICAL EDUCATION AND SPORTS CENTRE (TSK) TERM 1 2019/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 8.30	SWIMMING (ADVANCED) Magyar Vilmos Swimming Pool: Dr. S. J. SWIMMING (ADVANCED) „Sátras” Swimming Pool: K.Zs. STRENGTH & CONDITIONING, RUNNING University Sports Hall, GYM: Kné Gy. A. SWIMMING (ADVANCED) 9.30 „Sátras” Swimming Pool: B.J. SWIMMING (ADVANCED) 10.00 Magyar Vilmos Swimming Pool: Dr. S.J.	SWIMMING (BEGINNER) „Sátras” Swimming Pool: G. T. SWIMMING (ADVANCED) „Sátras” Swimming Pool: Dr.Z.G. ONLY WOMEN CARDIO, STRENGTH & CONDITIONING, RUNNING <i>(English speaking class)</i> University Sports Hall, GYM: K.Zs. MARTIAL ARTS Training Hall: court 1: Gy. N. INDOOR FOOTBALL, FUTSAL University Sports Hall: Dr. S. J. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM: Kné Gy.A. SWIMMING (ADVANCED) 9.30 „Sátras” Swimming Pool: G.T.	SWIMMING (BEGINNER) „Sátras” Swimming Pool: K. Zs. SWIMMING (ADVANCED) „Sátras” Swimming Pool: Kné Gy. A. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM: Bagó I. SWIMMING (ADVANCED) 9.30 „Sátras” Swimming Pool: B.I. SWIMMING (ADVANCED) 10.00 Magyar Vilmos Swimming Pool: Bagó I.	SWIMMING (ADVANCED) „Sátras” Swimming Pool: K. Zs. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM:Gy. N. CROSSFIT, RUNNING (Pulse control) Training Hall: court 3 and GYM: G. T. STEP AEROBICS, AEROBICS MAX Training Hall: court 2.: Bagó I. SWIMMING (BEGINNER) 9.30 „Sátras” Swimming Pool: K. Zs. SWIMMING (ADVANCED) 10.00 Magyar Vilmos Swimming Pool: Dr.S.J.	PRIVATE COURSE 7.30 Training Hal :Gy. N. SWIMMING (ADVANCED) „Sátras” Swimming Pool: G. T. STRENGTH & CONDITIONING, RUNNING University Sports Hall, GYM: Kné Gy. A. STRENGTH & CONDITIONING, RUNNING Training Hall: Dr.Gy.T. MARTIAL ARTS Training Hal, court 1: Gy. N. CORRECTIVE EXERCISES & BODY SHAPING 9.25 Apáczai Hall: B. J. SWIMMING (ADVANCED) 9.30 „Sátras” Swimming Pool: G. T.
3-4 10.20	STRENGTH & CONDITIONING, RUNNING University Sports Hall, GYM:Kné Gy.A. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM: Bagó I. MARTIAL ARTS Training Hall: 1. pálya: Gy. N. SWIMMING (ADVANCED) 10.30 „Sátras” Swimming Pool: B.J. SWIMMING (ADVANCED) 11.30 „Sátras” Swimming Pool: B.J.	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM:B.J. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM:Bagó I. FITNESS TESTING AND CONSULTATION <i>(English speaking class)</i> SPIROERGOMETRIC LAB: Dr. Z.G. SWIMMING (ADVANCED) 10.30 „Sátras” Swimming Pool: K.Zs	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM: Kné Gy.A. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM:B.J. MARTIAL ARTS Training Hall: court 1.: Gy. N. FITNESS TESTING AND CONSULTATION SPIROERGOMETRIC LAB: Dr. S.J. SWIMMING (BEGINNER & ADVANCED) 10.30 „Sátras” Swimming Pool: B.I.	TRX, KETTLEBELL Training Hall: 2-3.pálya: Gy. N. STRENGTH & CONDITIONING, RUNNING Training Hall:, GYM:B. J. SWIMMING (ADVANCED) 10.30 <i>(English speaking class)</i> „Sátras” Swimming Pool: K.Zs SWIMMING (ADVANCED) 11.30 „Sátras” Swimming Pool: B.I.	SWIMMING (ADVANCED) 10.30 „Sátras” Swimming Pool: Dr. S.J. FITNESS TESTING AND CONSULTATION 10.40 SPIROERGOMETRIC LAB: G. T. STRENGTH & CONDITIONING, RUNNING 10.45 University Sports Hall GYM:B.J. SWIMMING (ADVANCED) 11.30 „Sátras” Swimming Pool: Dr. S. J.
5-6 12.10	AEROBICS MAX Training Hall: Bagó I. GYMNASTICS „T” (ODD WEEKS) PILATES, CALLANETICS (EVEN WEEKS) Apáczai Hall: Kné Gy. A. SWIMMING (ADVANCED) 12.30 „Sátras” Swimming Pool: B.J. FITNESS TESTING AND CONSULTATION 13.00 SPIROERGOMETRIC LAB: K.Zs.	SWIMMING (ADVANCED) 12.00 Magyar Vilmos Swimming Pool: B.I. STRENGTH & CONDITIONING, RUNNING University Sports Hall, GYM:Bagó I. STRENGTH & CONDITIONING, RUNNING Training Hall, GYM: Dr Z.G. BASKETBALL University Sports Hall: Dr. Gy.T. SWIMMING (ADVANCED) 13.00 Magyar Vilmos Swimming Pool: Kné Gy. A.	PILATES, CALLANETICS Training Hall: : Kné. Gy.A. STRENGTH & CONDITIONING, RUNNING University Sports Hall, GYM:Bagó I.	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM: Dr.S.J. CORRECTIVE EXERCISES (soft-ball) Training Hall: B.J. SWIMMING (ADVANCED) 12.30 „Sátras” Swimming Pool: Bagó I.	SWIMMING (ADVANCED) 12.00 Magyar Vilmos swimming pool: Gy. N. STRENGTH & CONDITIONING, RUNNING University Sports Hall, GYM: Kné. Gy.A.
7-8 14.00	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM:Bagó I. SWIMMING (ADVANCED) Magyar Vilmos Swimming Pool: Dr. S.J. MARTIAL ARTS 16.00-19.00 Körtöltés Street: till.30th SEP Apáczai Hall:from 07th OCT: Gy. N.	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM:Dr. Gy.T. WALL CLIMBING TILL 16.25 Training Hall: G.T. INDOOR FOOTBALL, GAMES MÉK Bauer Rudolf Hall.: Dr. S. J.	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM:Dr. Gy. T. STRENGTH & CONDITIONING 17.00 Training Hall:, GYM:B.I. MARTIAL ARTS 16.00-19.00 Körtöltés Street sports facility: Gy. N.	STRENGTH & CONDITIONING, RUNNING University Sports Hall GYM:Dr. Gy.T. WALL CLIMBING Training Hall: Dr.Z. G.	

ABBREVIATIONS: BAGÓ.I.- Bagó Ildikó, B.I.- Bartalos István, B.J.- Budaházi Judit, G.T.- Gasztonyi Tamás, Gy.N.- Gyimes Nikolett, Dr. Gy.T.- Dr. Gyömörei Tamás, K.Zs.- Katona Zsolt, Kné Gy.A. - Kovácsné Gyenesei Anita, Dr. S. J. – Dr. Simon József, Dr.Z. G.- Dr. Zakariás Géza, „R” Recreation Management, Health Improvement course classes „T”-Trainee teachers’ classes