

TIMETABLE PHYSICAL EDUCATION AND SPORTS CENTRE 2022/23 AUTUMN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 8.30	<p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING</u> University Hall, Kond. hall : Dr. S. J.</p> <p><u>FITNESS TEST INSTEAD OF SWIMMING</u> Ergometry lab: K.Zs.</p> <p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Kné Gy. A.</p> <p><u>CONDITIONING</u> Gym, Conditioning room S.P.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING, 9.00</u> Multifunctional building, Kond. hall : B.J.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF RUNNING 9.30</u> University Hall, Kond. hall : Dr. S.J.</p> <p><u>CONDITIONING RUNNING INSTEAD OF SWIMMING 9.30</u> Training hall, Conditioning room : K.Zs.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING 10.00</u> Multifunctional building, Kond. hall : B.J.</p>	<p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING</u> University Hall, Men's gym G.T.</p> <p><u>WOMEN'S CARDIO ,RUNNING AND CONDITIONING</u> University Hall, Women's gym: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. Cond. hall:Kné Gy. A.</p> <p><u>CONDITIONING</u> Multifunctional building, Kond. hall: Gy.N.</p> <p><u>WALL CLIMBING INSTEAD OF SWIMMING, GYM. 9.30</u> Training hall, Conditioning room : G.T.</p>	<p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING</u> Multifunctional building, Kond. hall : Kné Gy. A.</p> <p><u>CONDITIONING, RUNNING</u> University Hall</p> <p>Conditioning room. Gy.N.</p> <p><u>CONDITIONING, RUNNING</u> Training hall, Conditioning room:V. M.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING 9.30</u> Gym, Conditioning room : S.P.</p> <p><u>INSTEAD OF SWIMMING CONDITIONING, RUNNING 9.30</u> Multifunctional building, Kond. hall: K.Zs.</p>	<p><u>ERGOMETER ROWING, CONDITIONING, RUNNING INSTEAD OF SWIMMING</u> Rowing boathouse : K. Zs.</p> <p><u>CONDITIONING</u> Training hall, Conditioning room.. 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: A.Z.</p> <p><u>ERGOMETER ROWING, CONDITIONING, RUNNING INSTEAD OF SWIMMING 9.30</u> Rowing boathouse: K. Zs.</p> <p><u>FITNESS TEST INSTEAD OF SWIMMING 10.00</u> Ergometry lab: Dr. S.J.</p>	<p><u>WALL CLIMBING INSTEAD OF SWIMMING, GYM.</u> Training hall, Conditioning room : G. T.</p> <p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: V.M.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING</u> Gym, Conditioning room : B.J.</p> <p><u>CONDITIONING RUNNING INSTEAD OF SWIMMING, 9.30</u> Multifunctional building, Kond. hall: Gy.N.</p> <p><u>CONDITIONING RUNNING INSTEAD OF SWIMMING, 9.30</u> University Hall, Kond. hall : G. T.</p>
3-4 10.20	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Kné Gy. A.</p> <p><u>CONDITIONING</u> Gym, Conditioning room A.Z.</p> <p><u>TRX, KETTLEBELL</u> Training hall, court 1: Gy. N.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING 11.00</u> Training hall, Conditioning room : 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>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 INSTEAD OF SWIMMING, 10.30</u> Training hall, gym : K.Zs</p> <p><u>SWIMMING INSTEAD OF FITNESS, RUNNING 11.30</u> University Hall, Kond.hall : 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>CONDITIONING RUNNING INSTEAD OF SWIMMING, 10.30</u> Multifunctional building, Kond. hall K.Zs.</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Kné Gy. A.</p> <p><u>RUNNING</u> Gym, outdoor running track: Gy. N.</p> <p><u>CONDITIONING</u> Gym, Conditioning room: B. J.</p> <p><u>ERGOMETER ROWING, CONDITIONING, RUNNING INSTEAD OF SWIMMING 10.30</u> Rowing boathouse: A.Z.</p> <p><u>ERGOMETER ROWING, CONDITIONING, RUNNING INSTEAD OF SWIMMING 11.30</u> Rowing boathouse: 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>MAINTENANCE AND SHAPING GYMNASTICS</u> Gym, Conditioning room: B. J.</p> <p><u>FITNESS test</u> Ergometry lab: G. T.</p> <p><u>CONDITIONING INSTEAD OF SWIMMING, RUNNING 10.30</u> University Hall, gym: Dr. S.J.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING 11.30</u> University Hall, gym: Dr. S.J.</p>
5-6 12.10	<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> Gym, Conditioning room:A.Z.</p> <p><u>FITNESS TEST</u> (English lessons) Ergometry lab: Dr.Z.G.</p> <p><u>RUNNING INSTEAD OF SWIMMING, NORDIC WALKING 12.00</u> Training hall : B.J.</p>	<p><u>SWIMMING RUNNING INSTEAD OF SWIMMING, 12.00</u> Gym, gym : : S.P.</p> <p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: 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>CONDITIONING, RUNNING INSTEAD OF SWIMMING, 13.00</u> Training hall, gym : Dr. S.J.</p>	<p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING 12.00</u> Training hall, Conditioning room : V.M.</p> <p><u>PILATES, CALLANETICS</u> University Hall: Kné. Gy. A.</p> <p><u>HEART RATE CONTROLLED RUNNING, BIKE</u> (English lessons) Gym and outdoor running track: K. Zs.</p> <p><u>CONDITIONING</u> University Hall Conditioning room: B. J.</p> <p><u>SMALL SIDED FOOTBALL</u> Training hall : S.P.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING 13.00</u> University Hall, Kond. hall: V.M.</p>	<p><u>CONDITIONING</u> University Hall Conditioning room: Dr.S.J.</p> <p><u>CONDITIONING, RUNNING</u> Gym Conditioning room: 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, CONDITIONING, RUNNING</u> Training hall 3.track: Dr.Z.G.</p> <p><u>ERGOMETER ROWING, CONDITIONING, RUNNING INSTEAD OF SWIMMING 12.30</u> Rowing boathouse: A.Z.</p>	

<p>7-8</p> <p>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 3rd court S.P.</p> <p><u>CONDITIONING</u> Gym, Conditioning room:V. M.</p> <p><u>RUNNING INSTEAD OF SWIMMING</u> University Hall : Dr. S.J.</p> <p><u>ROWING (ADVANCED AND BEGINNER)</u> Rowing boathouse: A.Z.</p> <p><u>BACKGAMMON</u> K0 College conference room :M.R.</p> <p><u>CONDITIONING 15.40 TO 17.15</u> Sports Complex : Gy. N.</p>	<p><u>CONDITIONING, RUNNING</u> University Hall Conditioning room: Dr. Gy.T.</p> <p><u>CONDITIONING, RUNNING</u> Gym, Conditioning room:A.Z.</p> <p><u>SMALL SIDED FOOTBALL</u> University Hall: V. M.</p> <p><u>VOLLEYBALL</u> Training hall 2nd court: S.P.</p> <p><u>KAYAK-CANOE, CONDITIONING, RUNNING</u> Training hall, track 3: 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>ROWING (ADVANCED)</u> Rowing boathouse: A.Z.</p> <p><u>BACKGAMMON</u> K0 College conference room :M.R.</p> <p><u>CONDITIONING, RUNNING INSTEAD OF SWIMMING</u> Gym, Conditioning room: V. M.</p> <p><u>MARTIAL ARTS 15.40-17.15</u> Sports Park: Gy. N.</p> <p><u>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>WALL CLIMBING</u> Training hall: Dr.Z. G.</p> <p><u>CONDITIONING, RUNNING</u> Training hall, Conditioning room:V. M.</p>	<p><u>MARTIAL ARTS 15.40-17.15</u> Sports Park: Gy. N.</p>
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ABBREVIATIONS: **A.Z.**- Zoltán Alföldi, **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