

Institute for Sport Sciences UD Clinical Campus
TIMETABLE 2017/2018 I. semester

	Monday	Tuesday	Wednesday	Thursday	Friday
08.00-10.00		Basketball NÁ	Running NÁ	Speedminton NÁ	Basketball NÁ
10.00-12.00	10.30 TRX-training JK 11.00 Swimming MM	Running NÁ Pilates VK 10.00 Swiminnng MM 11.00 Swimming MM	Soccer MB Pilates VK Swimming MM	Running NÁ Spinning VK 10.30 TRX-training JK	Spinning VK Soccer MB Swimming MM
12.00-14.00	Pilates VK Step aerobic JK Swimming MM	Spinning VK TRX-training JK 13.30 Deep work JK		Spinal training JK Swimming MM	Pilates VK
14.00-16.00	Pilates VK 14.30 Swim.beginner JK	Soccer MB	Volleyball MM	Soccer MB Volleyball MM 14.30 Swim.beginner JK	
<p>NÁ - Dr. Nagy Ágoston VK - Varga Katalin</p> <p>JK - Jóna Katalin MB - Makray Balázs</p> <p>MM - Magyarits Miklós</p>					