

Institute for Sport Sciences UD Clinical Campus
TIMETABLE 2020/2021 I. semester

	Monday	Tuesday	Wednesday	Thursday	Friday
08.00-10.00			Basketball N.Á	Running NÁ	
10.00-12.00	TRX NÁ Step aerobic JK	Yoga in English VK	Deepwork J.K Volleyball MM	Basketball NÁ Pilates VK	
12.00-14.00	Basketball NÁ	Body workout JK	Swimming beginner JK	Spinal training JK Soccer NÁ	Yoga in English VK TRX JK
14.00-16.00	Pilates VK	Swimming VK TRX JK		Swimming VK	
16.00-18.00					
NÁ - Dr. Nagy Ágoston VK - Varga Katalin JK - Jóna Katalin MM - Magyarits Miklós					