

SCHEDULE PHYSICAL EDUCATION 2017/2018

MONDAY

FROM	TO	SPORT	PLACE	ASISTENT
13:30	15:00	SQUASH	STRAHOV	PŘÍHODA
14:15	15:00	SWIMMING	SC UK - POOL	SKÁLOVÁ
15:00	16:30	TENNIS	SC UK - BIG HALL	ŽÁK
14:30	16:00	SELFDEFENSE COURSE	SC UK - GYM	HORN
15:30	17:00	CANOEING COURSE	MALÁ CHUCHLE	KLEIN
15:45	16:30	AQUAFITNESS, FREE SWIMMING	SC UK - POOL	MILEROVÁ
16:00	17:30	CLIMBING	JULISKA	GAJDOŠÍK
16:30	18:00	TENNIS	SC UK - BIG HALL	ŽÁK
16:30	18:00	VOLEYBALL - ADVANCED	SC UK - HALL B	ČECHOVSKÝ
16:30	18:00	SWIMMING - BEGINERS	SC UK - POOL	SKÁLOVÁ
16:30	18:00	BOX	CKS	HORN
18:30	20:00	RUNNING - ADVANCED	ŠÁRKA(FTVS)	GAJDOŠÍK
18:30	20:00	BOX - ADVANCED	CKS	HORN

TUESDAY

FROM	TO	SPORT	PLACE	ASISTENT
12:30	13:45	OVERBALL	MOTOL DOSP. REHAB.	SVOBODOVÁ
13:00	14:30	WORKOUT - GYM	SC UK - GYM	ČECHOVSKÝ
13:45	15:00	STRETCHING	MOTOL	SVOBODOVÁ
14:00	15:30	GOLF	HODKOVIČKY	ŽÁK
14:30	16:00	WORKOUT - GYM	SC UK - GYM	MILEROVÁ
14:30	16:00	VOLEJBAL - ADVANCED	SC UK - HALL C	SKÁLOVÁ
15:00	15:45	SWIMMING	SC UK - POOL	ČECHOVSKÝ
15:00	16:30	TENNIS	SC UK - KURTY/VELKÁ HALA	GAJDOŠÍK
14:30	16:00	WORKOUT - TRAINING	SC UK - A2	KLEIN
15:45	16:30	SWIMMING	SC UK - POOL	ČECHOVSKÝ
16:00	17:30	BASKETBALL	SC UK - HALL C	SKÁLOVÁ
16:30	18:00	BADMINTON	SC UK - HALL B	KLEIN
16:30	18:00	TENNIS	SC UK - BIG HALL	GAJDOŠÍK
17:30	19:00	VOLEYBALL - ADVANCED	SC UK - HALA C	ČECHOVSKÝ

WEDNESDAY

FROM	TO	SPORT	PLACE	ASISTENT
8:30	10:00	WORKOUT - CIRCLE TRAINING	MOTOL DOSP. REHAB.	SVOBODOVÁ
10:00	11:30	STRETCHING	MOTOL DOSP. REHAB.	SVOBODOVÁ
13:00	14:30	WORKOUT - GYM	SC UK - GYM	SVOBODOVÁ
13:00	14:30	FITNESS	SC UK - A2	MILEROVÁ
13:30	15:00	GOLF	GC - HOSTIVAŘ	HORN
13:30	14:15	SWIMMING	SC UK - POOL	ČECHOVSKÝ
14:00	15:30	SQUASH	STRAHOV	PŘÍHODA
14:15	15:00	SWIMMING	SC UK - POOL	ČECHOVSKÝ
14:30	16:00	VOLEJBAL - BEGINERS	SC UK - HALL B	SKÁLOVÁ
15:00	15:45	SWIMMING - BEGINERS	SC UK - POOL	ČECHOVSKÝ
15:30	17:00	SQUASH	STRAHOV	PŘÍHODA
16:00	17:30	FLORBALL	SC UK - HALL C	SKÁLOVÁ
16:00	17:30	VOLEYBALL - TRINING	SC UK - HALL A,B	ČECHOVSKÝ
16:30	18:00	CLIMBING	JULISKA	KLEIN
17:15	18:45	HIIT	SUN - STUDIO	MILEROVÁ
18:00	19:30	RUNNING - BEGINERS	JULISKA	KLEIN
18:00	18:45	SWIMMING - ADVANCED	SC UK - BAZÉN	SKÁLOVÁ
18:00	19:30	KICK BOX	CKS	HORN
19:30	21:00	KICK BOX	CKS	HORN

THURSDAY

FROM	TO	SPORT	PLACE	ASISTENT
13:00	14:30	SQUASH	STRAHOV	ČECHOVSKÝ
14:00	15:30	TENNIS	SC UK - BIG HALL	ŽÁK
14:00	15:30	BOULDERING	LOKAL BLOK	GAJDOŠÍK
14:30	16:00	SQUASH	STRAHOV	ČECHOVSKÝ
14:30	16:00	WORKOUT - GYM	SC UK - GYM	HORN
14:30	16:00	VOLEYBALL - ADVANCED	SC UK - HALL C	SKÁLOVÁ
14:30	16:00	ULTIMATE FRISBEE	SCUK	KLEIN
15:00	15:45	SWIMMING	SC UK - POOL	SVOBODOVÁ
15:30	17:00	TENNIS	SC UK - BIG HALL	ŽÁK
15:45	17:15	SAUNA	SC UK - SAUNA	SVOBODOVÁ
15:45	16:30	SWIMMING	SC UK - POOL	SVOBODOVÁ
16:00	17:30	BADMINTON	SC UK - HALL B	KLEIN
16:00	17:30	FOTBAL - SOCKER	SC UK - HALA A,B,C	HORN
16:30	18:00	CLIMBING	JULISKA	GAJDOŠÍK
17:30	19:00	AEROBIK / ZUMBA	SUN - STUDIO	ZEMÁNKOVÁ
18:00	19:30	BOX	CKS	HORN
19:00	20:15	YOGA	SUN - STUDIO	LAUDOVÁ
20:15	21:30	YOGA	SUN - STUDIO	LAUDOVÁ

FRIDAY

FROM	TO	SPORT	PLACE	ASISTENT
8:00	9:30	STRETCHING, FLEXIBARS	SC UK - A2	MILEROVÁ
9:30	11:00	STEP AEROBIC + WORKOUT	SC UK - A2	MILEROVÁ
11:30	13:00	TRACK AND FIELD	SC UK - GYM, STADIUM	HORN
12:00	13:30	TABLE TENNIS	SC UK - TT	ŽÁK
13:00	14:30	WORKOUT - GYM	SC UK - GYM	HORN
13:30	14:15	SWIMMING BEGINNERS	SC UK - POOL	ŽÁK
14:00	15:30	TENNIS	SC UK - BIG HALL	GAJDOŠÍK
14.15	15:00	FREE SWIMMING	SC UK - POOL	ŽÁK
14:15	15:00	SWIMMING	SC UK - POOL	ŽÁK
15:00	15:45	SWIMMING	SC UK - POOL	ŽÁK
15:30	17:00	TENNIS	SC UK - BIG HALL	GAJDOŠÍK