

## SCHEDULE OF PHYSICAL EDUCATION 2018 / 19 WINTER SEMESTER

### monday

den	od	do	sport	vyučuje	prostor
Monday	13,30	15,00	squash	Příhoda	Strahov
Monday	14,15	15,00	swimming	Skálová	SCUK - pool
Monday	14,30	16,00	self defence course	Horn	SCUK - A3
Monday	14,30	18,00	cycling course	Svobodová	SCUK
Monday	15,00	16,30	tenis	Žák	SCUK - tenis
Monday	16,00	17,30	recondition course	Milerová	SCUK - A2
Monday	16,30	18,00	climbing	Gajdošík	Juliska
Monday	16,30	18,00	swimming training	Skálová	SCUK - pool
Monday	16,30	18,00	box beginners	Horn	CKS Žižkovs
Monday	16,30	18,00	tenis	Žák	SCUK - tenis
Monday	18,30	20,00	box advanced	Horn	CKS Žižkovs

### Tuesday

den	od	do	sport	vyučuje	prostor
Tuesday	12,3	13,45	overball	Svobodová	dosp. rehab. - Motol
Tuesday	13,00	14,30	work out	Čechovský	SCUK - gym
Tuesday	13,45	15,00	stretching	Svobodová	dosp. rehab. - Motol
Tuesday	14,00	15,30	golf	Žák	golf
Tuesday	14,30	16,00	badminton	Klein	SCUK - hall B
Tuesday	14,30	16,00	basketball	Skálová	SCUK - hall C
Tuesday	15,00	15,45	swimming	Čechovský	SCUK - pool
Tuesday	15,00	16,30	tenis	Gajdošík	SCUK - tenis
Tuesday	15,30	17,00	track and field	Horn	SCUK - athletic stadium
Tuesday	15,30	17,00	golf - course	Žák	golf Hodkovice
Tuesday	15,30	17,00	dancing course	Milerová	Studio SUN
Tuesday	17,00	18,30	aerobic licence course	Milerová	SCUK - A2
Tuesday	17,30	19,00	volejball	Čechovský	SCUK - hall C

### Wednesday

den	od	do	sport	vyučuje	prostor
Wednesday	08,15	9,45	condition training	Svobodová	dosp. rehab. - Motol
Wednesday	09,45	10,15	condition training	Svobodová	dosp. rehab. - Motol
Wednesday	13,00	14,30	work out	Horn	SCUK - gym
Wednesday	13,00	14,15	plavání	Čechovský	SCUK - pool
Wednesday	13,30	15,00	squash	Příhoda	Strahov
Wednesday	14,15	15,00	swimming	Čechovský	SCUK - pool
Wednesday	14,30	16,00	joging	Klein	Chuchle-schipyard
Wednesday	14,30	16,00	volejball	Skálová	SCUK - hall C
Wednesday	15,00	15,45	swimming	Čechovský	SCUK - pool
Wednesday	16,00	17,30	florball	Skálová	SCUK - hall C
Wednesday	16,00	17,30	volejball- training	Čechovský	SCUK - hall B
Wednesday	16,30	18,00	canoeing	Klein	Chuchle-schipyard
Wednesday	16,30	18,00	canoeing course	Klein	Chuchle-schipyard
Wednesday	16,30	18,00	climbing	Gajdošík	Juliska
Wednesday	17,15	18,45	condition training	Milerová	Studio SUN

Wednesday	18,00	19,30	swimming - training	Skálová	SCUK - pool
Wednesday	16,30	18,00	kickbox	Horn	CKS - Žižkov
Wednesday	18,00	19,30	kickbox	Horn	CKS - Žižkov
Wednesday	19,00	20,30	yoga	Laudová	Studio SUN

## Thursday

den	od	do	sport	vyučuje	prostor
Thursday	13,30	15,00	squash	Čechovský	Strahov
Thursday	14,00	15,30	bouldering	Gajdošík	Lokal Block
Thursday	14,00	15,30	tenis	Žák	SCUK - tenis
Thursday	14,30	16,00	condition training	Klein	SCUK - A3
Thursday	14,30	16,00	increasing of physical ability	Klein	SCUK - A3
Thursday	14,30	16,00	volejball	Skálová	SCUK - hall A
Thursday	14,30	16,00	work out	Horn	SCUK - gym
Thursday	15,00	16,30	squash	Čechovský	Strahov
Thursday	15,00	15,45	swimming	Svobodová	SCUK - pool
Thursday	15,30	17,00	tenis	Žák	SCUK - tenis
Thursday	15,45	16,30	swimming	Svobodová	SCUK - pool
Thursday	16,00	17,30	badminton	Klein	SCUK - hall B
Thursday	16,00	17,30	socker	Horn	SCUK - hall A
Thursday	16,30	18,00	climbing	Gajdošík	Juliska
Thursday	16,30	18,00	water rescue course	Skálová	SCUK - pool
Thursday	17,00	18,30	zumba	Zemánková	Studio SUN

## Friday

den	od	do	sport	vyučuje	prostor
Friday	11,30	13,00	track and field	Horn	SCUK - athl. Stadium
Friday	12,00	13,30	table tennis	Žák	SCUK - table tennis
Friday	13,00	14,30	work out	Horn	SCUK - gym
Friday	13,30	14,15	swimming	Žák	SCUK - pool
Friday	13,00	14,30	tennis	Gajdošík	SCUK - tenis
Friday	14,15	15,00	swimming	Žák	SCUK - pool
Friday	15,00	15,45	swimming	Žák	SCUK - pool
Friday	14,30	16,00	tennis	Gajdošík	SCUK - tenis