

Physical Education 2019/2020

Institute of Physical Education

Monday

Monday 13,00 14,00 fitness circle 7 - 1st year A1 Kovaříková

Monday 13,30 15,00 squash Strahov

Monday 14,00 15,00 fitness circle 8 - 1st year A1 Kašpar

Monday 14,15 15,00 swimming circle 7 - 1st year Kovaříková pool

Monday 14,30 16,00 self-defense A3 Horn

Monday 15,00 15,45 swimming circle 8 - 1st year Kašpar pool

Monday 15,00 16,00 fitness - possibility to replace gym Kovaříková

Monday 15,45 16,30 swimming - possibility to replace the pool Kašpar

Monday 16,00 17,15 volleyball hall C Čechovský

Monday 16,30 18,00 climbing Juliska Gajdošík

Monday 16,00 17,30 box- beginners CKS Cottage

Monday 16.30 18.00 tennis tennis. kurty Kašpar

Monday 16,30 18,00 swimming training pool Skálová

Monday 17,00 18,30 Reduction and Recondition Course A2 Milerová

Monday 17,15 18,30 volleyball hall C

Monday 18,00 19,30 pilates A3 Kovaříková

Monday 18,30 20,00 box- beginners CKS Cottage

Tuesday

tuesday 12,00 13,30 sport games circle 4 - 1st vol. Aritma Kašparová

Tuesday 12.30 13.45 overballs DR-Motol Svobodová

Tuesday 13,45 15,00 stretching DR-Motol Svobodová

Tuesday 14,00 15,30 golf CL Student

Tuesday 14,30 16,00 weight training - possibility to replace the Gajdošík gym

Tuesday 14,30 16,00 nohejball / fotbal Hall B Horn

Tuesday 14,30 16,00 sports games - possibility to replace hall C Klein

Tuesday 15,00 15,45 swimming - possibility to replace the swimming pool

Tuesday 15.00 16.30 PAPP 2LF FT A2 Kasparova

Tuesday 15,30 17,00 golf -kurz CL Student

Tuesday 15,45 16,30 swimming pool

Tuesday 16.00 17.30 tennis tennis. courts Gajdošík

Tuesday 16,00 17,30 athletics atl. Horn

Tuesday 16.00 17.30 badminton hall C Klein

Tuesday 16,00 17,30 basketball hall B Skálová

Tuesday 16,30 17,15 swimming / PAPP pool

Tuesday 17,00 18,30 Sun Miler dance course

Tuesday 17,30 19,00 volleyball hall C Čechovský

Tuesday 18,30 20,00 aerobic / bosu A1 Kovaříková

Tuesday 19,00 20,30 yoga Sun Laud

Wednesday

Wednesday 8,15 9,45 fitness training DR -Motol Svobodová

Wednesday 9,45 11,15 stretching and overballs DR -Motol Svobodová

Wednesday 12,00 13,00 fitness circle 9 - 1st year A2 Kovaříková

Wednesday 11,00 12,30 Sports Games Circle 2 - 1st vol. Aritma Žák

Wednesday 13,00 14,30 weight training - possibility to replace the gym Horn

Wednesday 13,00 14,00 fitness circle 10 - 1st year A2 Kovaříková

Wednesday 13,30 14,15 swimming circle 9 - 1st year pool Čechovský

Wednesday 12,30 14,00 Sports Games Circle 3 - 1st vol. Aritma Žák

Wednesday 13,30 15,00 squash Strahov Event

Wednesday 14,00 15,00 fitness circle 11 - 1st year A2 Janek

Wednesday 14,15 15,00 swimming circle 10 - 1st year Kovaříková pool

Wednesday 14.30 16.00 strengthening - possibility to replace the gym

Wednesday 14,30 16,00 volleyball hall C Skálová

Wednesday 14,30 16,00 volleyball begin Hall A Skálová

Wednesday 15,00 15,45 swimming circle 11 - 1st year Janek pool

Wednesday 15,45 16,30 swimming - possibility to replace Janek pool

Wednesday 15,45 16,30 sauna - no attendance sauna Janek

Wednesday 16,00 17,30 volleyball hall B Čechovský

Wednesday 16.00 17.30 PVK SC UK Host. Horn

Wednesday 16,00 17,30 floorball hall A + C Skálová

Wednesday 16,30 18,00 fitness round training A 1 Janek

Wednesday 16,30 18,00 climbing Juliska Klein

Wednesday 16,30 18,00 kickbox CKS Navara

Wednesday 17,15 18,45 Sun Fitness Circular Training

Wednesday 18,00 19,30 kickboxing CKS Navara

Wednesday 18,00 18,45 swimming pool Skálová

Wednesday 18,00 19,30 plav. training pool

Thursday

Thursday 12,00 13,30 sport. games circle 5 - 1st year of Aritma Klein

Thursday 13,00 14,30 squash Strahov

Thursday 13,30 14,30 fitness circle 6 - 1st year A1 Janek

Thursday 14,00 15,30 bouldering LB Gajdošík

Thursday 14.00 15.30 tennis tennis

Yoga with strengthening A3

Thursday 14,30 16,00 squash Strahov

Thursday 14,30 16,00 floorball Hall C Janek

Thursday 14,30 16,00 PASP - 2nd year FT A1 Kašparová

Thursday 14.30 16.00 strengthening - the possibility of replacing the Kovaříková reinforcements

Thursday 14,30 16,00 volleyball hall B Skálová

Thursday 9,00 11,00 canoeing / canoeing course Chuchle Klein

Thursday 15,00 15,45 swimming circle 6 - 1st year Svobodová swimming pool

Thursday 15,30 17,00 softball soft + ten.hal Student

Thursday 15,45 16,30 course for non-swimmers and beginners Svobodová swimming pool

Thursday 15,45 16,30 sauna - no attendance sauna Svobodová

Thursday 15,45 16,30 swimming pool

Thursday 16,00 17,30 football hall A Janek

Thursday 16,00 17,30 badminton hall C + B Kovaříková

Thursday 16,00 17,30 yoga with elements of health. A3 Tajovská

Thursday 16,30 18,00 climbing Juliska Gajdošík

Thursday 16,30 18,00 box - beginners CKS Cottage

Thursday 16,30 18,00 course compensator. Exercise A 2 Kašparová

Thursday 16,30 18,00 preparatory course Water rescue. swimming pool

Thursday 16,30 18,00 sauna - no attendance sauna Skálová

Thursday 18,30 20,00 Box - advanced CKS Cottage

Thursday 18,45 20,15 zumba Sun Zemánková