

Winter semester 2022

STARTS 10. 10. 2022

Monday	14:00 - 15:00	climbing advanced	Climbing wall	Mgr. Válek
	14:30 - 15:30	run beginners	department	Mgr. Němeček
	15:00 - 16:00	climbing beginners	Climbing wall	Mgr. Válek
	15:30 - 16:30	SmartFit-HIIT	department fitness gym	Mgr. Szakošová
	15:30 - 16:30	Strong Nation	department gym	Mgr. Němeček
	16:00 - 17:00	Dance aerobic	Štefcova school	Mgr. Bezoušková
	16:30 - 17:30	Natural Movement	department fitness gym	Mgr. Němeček
	16:30 - 17:30	health CORE trénink	department gym	Mgr. Szakošová
	17:00 - 18:00	Futsal	Štefcova school	Mgr. Bezouška
	17:30 - 18:30	Fitness woman	department fitness gym	Mgr. Němeček
	17:30 - 18:30	CORE-Pilates	department gym	Mgr. Szakošová
	18:00 - 19:00	Futsal	Štefcova school	Mgr. Bezouška
	18:30 - 19:30	BodyForm	department gym	Mgr. Szakošová
	18:30 - 19:30	volleyball beginners	Mandysova school	Mgr. Válek
	19:00 - 19:50	Spinning	SQ centrum Třebeš	pí. Svobodová
	19:00 - 20:00	Futsal	Štefcova school	Mgr. Bezouška
	20:00 - 22:00	Baskbasketball club	Štefcova school	VŠTJ
	19:30 - 20:30	Zumba	department gym	Mgr. Němeček
	19:30 - 20:30	volleyball beginners	Mandysova school	Mgr. Válek
Tuesday	12:30 - 13:30	run	department	Mgr. Němeček
	11:00 - 12:00	Tennis	department tennis court	Eden
	12:00 - 13:00	Tennis	department tennis court	Eden
	14:00 - 15:00	climbing advanced	Climbing wall	Mgr. Válek
	14:00 - 15:00	swimming	swimming pool	Mgr. Bezouška
	15:00 - 16:00	climbing beginners	Climbing wall	Mgr. Válek
	15:00 - 16:15	conditioning training	department fitness gym	Mgr. Szakošová
	16:30 - 18:00	combat techniques	department fitness gym	Mgr. Bezouška
	16:00 - 17:00	Zumba	Bonstep	Mgr. Němeček
	16:00 - 18:00	rowing	DTJ shipyard	doc. Heger
	16:30 - 18:00	Hip Hop (streetdance)	department gym	Mgr. Bezoušková
	16:50 - 17:40	Spinning	SQ centrum Třebeš	pí. Svobodová
	17:00 - 18:00	Strong Nation	Bonstep	Mgr. Němeček
	18:00 - 19:30	Fitness	department fitness gym	Mgr. Bezouška
	18:00 - 19:30	ballroom dancing	department gym	Mgr. Bezoušková
	19:00 - 20:00	Badminton	Štefcova school	Mgr. Szakošová
	19:30 - 20:30	calisthenics	department fitness gym	Mgr. Válek
	20:00 - 21:00	Badminton-advanced	Štefcova school	Mgr. Szakošová
	20:30 - 21:30	Florball club	Pospíšilova school	VŠTJ
	21:00 - 22:00	Badminton-advanced	Štefcova school	Mgr. Szakošová
Wednesday	08:30 - 10:00	run advanced	department	Mgr. Němeček
	10:00 - 11:30	archery	Botanic Garden	p. Ptáčník
	11:00 - 12:00	Tennis	department tennis court	Eden
	12:00 - 13:00	Tennis	department tennis court	Eden
	13:00 - 14:00	sun yoga	department gym	Mgr. Nedomlelová
	14:00 - 15:00	swimming	swimming pool	Mgr. Bezouška
	14:00 - 15:00	sun yoga	department gym	Mgr. Nedomlelová
	15:00 - 16:00	sun yoga	department gym	Mgr. Nedomlelová
	15:45 - 17:00	Floorball advanced	SUPšhnn	Mgr. Válek
	16:00 - 17:00	SmartFit-HIIT	department fitness gym	Mgr. Szakošová
	16:00 - 17:00	Taebo	department gym	Mgr. Bezoušková
	16:00 - 18:00	rowing	DTJ shipyard	doc. Heger
	17:00 - 18:00	table tennis	department gym	Mgr. Szakošová
	17:30 - 18:30	floorball beginners	Štefcova school	Mgr. Válek
	18:00 - 19:15	self defense women	department fitness gym	Mgr. Bezouška
	18:00 - 19:00	BodyForm	department gym	Mgr. Szakošová
	18:30 - 19:30	floorball advanced	Štefcova school	Mgr. Válek
	18:30 - 20:00	volleyball elite	Mandysova school	Mgr. Plhák
	19:00 - 20:00	BodyForm	department gym	Mgr. Szakošová
	20:00 - 21:00	volleyball advanced	Mandysova school	Mgr. Válek
	21:00 - 22:00	volleyball advanced	Mandysova school	Mgr. Válek
Thursday	11:00 - 12:00	Squash	SQ center Třebeš	Mgr. Bezouška
	12:30 - 13:30	run	department	Mgr. Němeček
	14:00 - 15:00	swimming	swimming pool	Mgr. Bezouška
	15:30 - 16:30	Zumba	Bonstep	Mgr. Němeček
	16:00 - 17:00	table tennis	department gym	Mgr. Szakošová
	16:30 - 17:30	Strong Nation	Bonstep	Mgr. Němeček
	17:00 - 18:00	CORE-Pilates	department gym	Mgr. Szakošová
	18:00 - 19:00	basketball beginners	Štefcova school	Mgr. Šotolová
	19:00 - 20:00	basketball advanced	Štefcova school	Mgr. Šotolová
	20:00 - 21:00	Futsal	Pospíšilova school	VŠTJ
Friday	10:00 - 11:30	archery	Botanic Garden	p. Ptáčník