

Sport Activities time - table ÚTVŠ Košice Winter term 2021/2022

Location 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00

	Location	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00
Mon	online												
	online												
	online								SM-sys. Hb				
	online									Ta - Me	Ae - To		
	online			GwB - Me	GwA - Me	GwB - Me	GwA - Cg	GwB - Cg	GwA - Ka	GwB - Ka	GwA - Ka		
	online								Chess - Vo,Pa				
	online												
Tue	online												
	online												
	online						Jg - Hb		Step - To	Ae - To			
	online		GwB - Br	GwA - Br	GwB - Br	GwA - Br	GwB - Br	XXX	GwA - Br	GwB - Br	GwA - Br		
	online												
Wen	online												
	online						Che - To						
	online					PwJ - To	Ta - Me	Pil - Hb	BB - Hb				
	online		GwB - Me	GwA - Cg	GwB - Cg	GwA - Cg	GwB - Cg	XXX	GwA - Kr	GwB - Kr	GwA - Kr		
	online												
	online												
Thu	online												
	online						Che - To						
	online				PwJ - To	Step - To	Jg - Hb						
	online			GwB - Cg	GwA - Cg	GwB - Cg	GwA - Cg						
Fri	online												
	online												
	online			GwB - Me	GwA - Me	GwB - Me							
	Outdoor		Outdoor						Kr,Ka				

Legend:

Abbreviations:

Ae – aerobics

Step- step aerobics

GwA – gym workout advance

SM-system

Ta- tabata

Outdoor – hiking, cycling

PwJ- power yoga

BF- Body form

BB – body balance

GwB - gym workout beginners

Yg – yoga

Pil – pilates

Che- cheerleading

Teachers:

Mgr. Buková Alena, PhD.

Mgr. Horbacz Agata, PhD.

Mgr. Čurgali Marcel

Mgr. Kaško Dávid, PhD.

prof. RNDr. Vokál Stanislav DrSc. ext.

Bk

Hb

Čg

Ka

Vo

Mgr. Berta Patrik

Mgr. Kručanica Ladislav, PhD.

Mgr. Melichar Richard

Mgr. Tomkova Petra, PhD.

prof. RNDr. Pandula Blažej PhD. ext.

Br

Kr

Me

To

Pa