

PHYSICAL TRAINING TIMETABLE

6. Doberdó street, Óbuda

2018/19/1.semester

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:40	<i>Sándor Molnár</i> TABLE TENNIS	<i>László Dankó</i> TABLE TENNIS	<i>Sándor Molnár</i> TABLE TENNIS	<i>Sándor Molnár</i> FLOORBALL	<i>László Dankó</i> TABLE TENNIS
9:50-11:30	<i>Sándor Molnár</i> VOLLEYBALL	<i>László Dankó</i> SOCCER	<i>Sándor Molnár</i> VOLLEYBALL	<i>Sándor Molnár</i> BADMINTON	<i>László Dankó</i> TABLE TENNIS
11:40-13:20	<i>Sándor Molnár</i> TENNIS BEGINNER	<i>Bea Pajor Molnárné/László Dankó</i> PILATES/PHYSICAL TRAINING	<i>Sándor Molnár</i> BASKETBALL	<i>Sándor Molnár</i> BASKETBALL	
13:30-15:10	<i>Sándor Molnár</i> FITNESS MEASUREMENT	<i>Bea Pajor Molnárné</i> ADAPTED PHYSICAL EDUCATION	<i>Sándor Molnár</i> TABLE TENNIS	<i>Sándor Molnár</i> TABLE TENNIS	
15:20-17:00	<i>Sándor Molnár</i> SOCCER	<i>Bea Pajor Molnárné</i> TABLE TENNIS ADVANCED + 17::00-18:00 TRAINING	<i>Sándor Molnár</i> SOCCER	<i>Sándor Molnár</i> DANCE-ZUMBA-AEROBIC	

PHYSICAL TRAINING TIMETABLE

17. Tavaszmező street, Budapest, 1084

2018/19/1.semester

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:40	<i>Ákos Hiervarter</i> SOCCER	<i>Zoltán Borkovits</i> TABLE TENNIS	<i>Ákos Hiervarter</i> TABLE TENNIS	<i>László Hönig/Zoltán Borkovits</i> CONDITIONING/SOCCER	<i>Zoltán Borkovits</i> SOCCER
9:50-11:30	<i>Ákos Hiervarter</i> SOCCER	<i>Zoltán Borkovits</i> TABLE TENNIS	<i>Ákos Hiervarter</i> SOCCER	<i>Zoltán Borkovits/Ákos Hiervarter</i> CONDITIONING/MARCIAL ARTS	<i>Zoltán Borkovits</i> SOCCER
11:40-13:20	<i>Ákos Hiervarter</i> SOCCER	<i>Zoltán Borkovits</i> TABLE TENNIS	<i>Ákos Hiervarter</i> VOLLEYBALL	<i>Ákos Hiervarter</i> MARTIAL ARTS, KEMPO & KICK-BOKSZ	<i>Zoltán Borkovits</i> SOCCER
13:30-15:10	<i>Ákos Hiervarter</i> VOLLEYBALL	<i>Zoltán Borkovits</i> CONDITIONING	<i>Ákos Hiervarter</i> VOLLEYBALL ADVANCED	<i>László Hönig</i> CONDITIONING	<i>Zoltán Borkovits</i> HANDBALL + CONDITIONING
15:20-17:00		<i>Béla Lévai</i> BASKETBALL ADVANCED	<i>László Hönig</i> CAPACITY TOUR	<i>Béla Lévai</i> BASKETBALL	
17:10-18:50		<i>Béla Lévai</i> FITNESS MEASUREMENT	<i>László Hönig</i> CAPACITY TOUR	<i>Béla Lévai</i> FITNESS MEASUREMENT	

PHYSICAL TRAINING TIMETABLE

8. Népszínház street, Budapest, 1084

2018/19/1.semester

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:40	<i>Gergely Őri</i> VOLLEYBALL	<i>Gergely Őri</i> VOLLEYBALL	<i>László Dankó</i> SOCCER	<i>László Dankó</i> FLOORBALL	<i>Gergely Őri</i> TABLE TENNIS
9:50-11:30	<i>Gergely Őri</i> MARTIAL ARTS, KEMPO	<i>Gergely Őri</i> SOCCER	<i>László Dankó</i> BASKETBALL	<i>László Dankó</i> VOLLEYBALL	<i>Gergely Őri</i> SOCCER
11:40-13:20	<i>Gergely Őri</i> MARTIAL ARTS, KEMPO	<i>Gergely Őri</i> BASKETBALL	<i>László Dankó</i> VOLLEYBALL	<i>László Dankó</i> SOCCER	
13:30-15:10	<i>Gergely Őri</i> SOCCER	<i>Gergely Őri</i> TABLE TENNIS	<i>László Dankó</i> SOCCER	<i>László Dankó</i> BASKETBALL	
15:20-17:00			<i>László Dankó</i> TABLE TENNIS	<i>László Dankó</i> FITNESS-ZUMBA	
17:10-18:50					
19:00-22:00			<i>László Hönig</i> FOLK DANCE ADVANCED	<i>László Hönig</i> FOLK DANCE BEGINNER	

PHYSICAL TRAINING TIMETABLE
CSILLAGHEGYI SWIMMING-POOLE
2018/19/1.semester

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:40	Bea Pajor Molnárné SWIMMING			Bea Pajor Molnárné SWIMMING	
9:50-11:30	Bea Pajor Molnárné SWIMMING			Bea Pajor Molnárné SWIMMING	
11:40-13:20	Bea Pajor Molnárné SWIMMING			Bea Pajor Molnárné SWIMMING	
13:30-15:10	Bea Pajor Molnárné SWIMMING				