

| Den     | Místnost                  | 8                           | 8:30 | 9                                                                     | 9:30        | 10                                                              | 10:30 | 11                     | 11:30       | 12             | 12:30 | 13 | 13:30                        | 14          | 14:30     | 15                                         | 15:15                    | 15:30 | 16                 | 16:15                     | 16:30       | 17                  | 17:30       | 18        | 18:30       | 19 | 19:30                 | 20 | 20:30 |
|---------|---------------------------|-----------------------------|------|-----------------------------------------------------------------------|-------------|-----------------------------------------------------------------|-------|------------------------|-------------|----------------|-------|----|------------------------------|-------------|-----------|--------------------------------------------|--------------------------|-------|--------------------|---------------------------|-------------|---------------------|-------------|-----------|-------------|----|-----------------------|----|-------|
| PONDĚLÍ | Velká těl. A1             |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    | Volejbal zač.<br>13:15-14:30 |             |           |                                            | Florbal<br>15:15 - 16:15 |       |                    | KIN-BALL<br>16:15 - 17:30 |             | Bodyform            |             |           |             |    |                       |    |       |
|         | Sál B1                    |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              | Kruhový tr. |           | Power jóga                                 |                          |       | Pilates            |                           | Fitbox      |                     | Fitbox      |           | Kruhový tr. |    |                       |    |       |
|         | Sál B2                    |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    | Krav Maga                 |             | TRX                 |             |           |             |    |                       |    |       |
|         | Bazén                     |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    | Nordic walking            |             |                     |             |           |             |    |                       |    |       |
|         | IC                        |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Posilovna a kardiofitness |                             |      | Posilovna a Kardiofitness                                             |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Externě                   |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           | Street workout                             |                          |       |                    |                           |             |                     |             |           | Jumping     |    |                       |    |       |
| ÚTERÝ   | Velká těl. A1             |                             |      |                                                                       |             |                                                                 |       | Florbal                |             |                |       |    |                              | Futsal      |           | Basket                                     |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Sál B1                    |                             |      |                                                                       | Fitbox      | Jóga                                                            |       |                        |             | Taiji          |       |    |                              | Kruhový tr. |           | Fitbox                                     |                          |       | Tabata             |                           | Bosu        |                     | Kruhový tr. |           | Bodyform    |    | Street Dance          |    |       |
|         | Sál B2                    |                             |      |                                                                       | TRX         |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           | TRX         |                     | Power jóga  |           | Box         |    | Kick box              |    |       |
|         | Posilovna a kardiofitness |                             |      | Posilovna a Kardiofitness                                             |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Bazén                     | Kond. Plavání               |      | Plavání                                                               |             |                                                                 |       |                        |             |                |       |    |                              | Plavání     |           | Plavání                                    |                          |       |                    |                           |             |                     |             | Aqua aer. |             |    |                       |    |       |
|         | IC nebo A2                |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             | Indoor cycl.        |             |           |             |    |                       |    |       |
|         | Externě                   |                             |      |                                                                       |             |                                                                 |       |                        | Lední hokej |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             | Běh-outdoor running |             |           |             |    |                       |    |       |
| STŘEDA  | Velká těl. A1             |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              | Badminton   |           | Badminton                                  |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Sál B1                    |                             |      |                                                                       | Kruhový tr. | Fitbox                                                          |       |                        |             |                |       |    |                              |             |           | Fitbox                                     |                          |       | Kruhový tr.        |                           | Ae mix      |                     | Bodyform    |           | Jóga        |    |                       |    |       |
|         | Sál B2                    |                             |      |                                                                       |             | TRX                                                             |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    | Krav Maga                 |             | TRX                 |             |           |             |    |                       |    |       |
|         | Bazén                     | Kond. Plavání               |      | Plavání                                                               |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | IC                        |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Posilovna a kardiofitness |                             |      | Posilovna a Kardiofitness                                             |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Externě                   |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           | Street workout                             |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
| ČTVRTEK | Velká těl. A1             |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           | Volejbal pokročilí                         |                          |       | Volejbal pokročilí |                           |             |                     |             |           |             |    |                       |    |       |
|         | Sál B1                    |                             | Jóga |                                                                       |             | Kruhový tr.                                                     |       |                        |             |                |       |    |                              |             |           |                                            |                          |       | Tabata             |                           | Kruhový tr. |                     | Zumba       |           | Power jóga  |    | Tance                 |    |       |
|         | Sál B2                    |                             |      |                                                                       | TRX         |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Bazén                     |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | IC nebo A2                |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             | Veslování |                                            |                          |       |                    |                           |             | Indoor cycl.        |             |           |             |    |                       |    |       |
|         | Posilovna a kardiofitness |                             |      | Posilovna (celé časové rozmezí) a Kardiofitness (kromě 14:00 - 15:00) |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Externě                   |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    | Jumping 19:45 - 20:45 |    |       |
| PÁTEK   | Velká těl. A1             |                             |      |                                                                       |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Sál B1                    |                             |      |                                                                       | Kruhový tr. |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Posilovna a kardiofitness |                             |      | Posilovna a Kardiofitness                                             |             |                                                                 |       |                        |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Externě                   |                             |      |                                                                       |             |                                                                 |       | Golf zač.              |             | Golf pokročilí |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         | Externě                   |                             |      |                                                                       |             |                                                                 |       | Kajak + Paddleboarding |             |                |       |    |                              |             |           |                                            |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |
|         |                           | 8                           | 8:30 | 9                                                                     | 9:30        | 10                                                              | 10:30 | 11                     | 11:30       | 12             | 12:30 | 13 | 13:30                        | 14          | 14:30     | 15                                         | 15:15                    | 15:30 | 16                 | 16:15                     | 16:30       | 17                  | 17:30       | 18        | 18:30       | 19 | 19:30                 | 20 | 20:30 |
|         | LEGENDA                   | Sport.aktivity pro studenty |      |                                                                       |             | Sport. aktivity pro studenty + kurzy pro zaměstnance, veřejnost |       |                        |             |                |       |    |                              |             |           | Kurzy pro studenty, zaměstnance, veřejnost |                          |       |                    |                           |             |                     |             |           |             |    |                       |    |       |