

**SEMMEIWEIS EGYETEM TESTNEVELÉSI ÉS SPORTKÖZPONT**  
**2018-2019 I. féléves órarend**

**2018/2019**  
Páratlan hét  
**ODD WEEK**  
UNGERADE

**I. Semester**

**The first day: 10 september**

English language	Sport therapy
German language	Training
Hungarian language	Sport course

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:30 AOK I. C2, D1 EKK II. 1, 2	8:00 - 9:30 EM I. 7 EM II 11. DZ II. 1, 2	8:00 - 9:30 AOK II. C1 EKK III. 1, 2	8:00 - 9:30 ED I. 1, 2, 3	8:00 - 9:30 EM II. 4, 5, 6
9.30 - 11.00 ED II. 1, 2, 3, 4		9:30 - 11:00 AOK II. E1, E2, E3		9:30 - 11:00 GYTK II. C1, C2 AOK I. H1
11:00 - 12:30 AOK II. B2, B3, C2	11:00 - 12:30 GYTK II. B1, B2	11:00 - 12:30 1. Sport's therapy	11:00 - 12:30 2. Sport's therapy	11:00 - 12:30 AOK I. F1, f2, f3 EM II. 2, 3, 12
12:30 - 14:00 GYTK II. A1, A2 EKK I. 1, 2	12:30 - 14:00 EM I. 14, 15, 16	12:30 - 14:00 AOK II. G2, G3, H1, H2	12:30 - 14:00 EP I. 1, 2, 3 ED I. 5	12.30 - 14.00 EM II. 1, 7, DM II. 11
14:00 - 15:30 AOK I. A1, A2	14:00 - 15:30 DM I. 8, 9, 10	14:00 - 15:30 GYTK I. A1, A2, B1	14:00 - 15:30 EP II. 1, 2	14:00 - 15:30 DM II. 8, 9, 10
15:30 - 16:30 Circuit training 15:30 - 16:30 Self devence	15:30 - 17:00 GYTK I. C1, D1, D2	15:30 - 17:00 DM I. 3, 4, 11	15:30 - 17:00 EM I. 1, 10, 11	15:30 - 17:00 DM II. 5, 6, 7 DP II. 1
	17:00 - 18:00 Salsa course 17:00-18:00 Badminton course	17:00 - 18:00 Bless You Gym course	17:00 - 18:00 Boulder course	17:00 - 18:00 Aerobic course
18.00 - 19.30 Basketball training	18.00 - 19:30 Volleyball training	18.00 - 19.30 Basketball training	18.00 - 19:30 Volleyball training	18.00 - 19:00 Zumba course
19.30 - 21.00 Handball training		19.30 - 21.00 Handball training	19.30 - 21.00 Taekwondo course	
Artificial tennis ground or artificial football field in the Zágrábi street				
	18:00 - 19:30 Soccer training	11:00 - 12:30 Tennis beginner course 12:30 - 14:00 Tennis advanced course 20:30 - 21:30 SIFT women/soccer	16:00 - 17:00 Frizbi beginner course 17:00 - 18:00 Frizbi advanced course 18:00 - 19:30 Soccer training 20:30 - 21:30 SIFT Men/soccer	
17:00 - 18:00 Soccer course				
Out of the Sportcenter				
				14:00 - 17:00 Hiking 1. 14:00 - 17:00 Hiking 2.
			15:00 - 16:00 Yoga (eng) 20:00 - 21:00 Icehockey course	

**SEMELWEIS EGYETEM TESTNEVELÉSI ÉS SPORTKÖZPONT**  
**2018-2019 I. féléves órarend**

**2018/2019**

**I. Semester**

Páros hét

**EVEN WEEK**

**The first day: 17 september**

GERADE

English language	Sport' therapy
German language	Training
Hungarian language	Sport course

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:30 AOK I. D3, H2, H3	8:00 - 9:30 EM I. 8, 9, 12	8:00 - 9:30 AOK II. C3, D2, D3	8:00 - 9:30 AOK II. A1, A2, A3	8:00 - 9:30 DM II. 1, 2, 3, 4
		9:30 - 11:00 AOK II. F1, F2, F3		9:30 - 11:00 6. Sport's therapy
11:00 - 12:30 AOK I. E1, E2, E3 AOK II. B1		11:00 - 12:30 EM II. 13, 14, 15	11:00 - 12:30 ED I. 4 ED II. 5 DM I. 5, 6	
12:30 - 14:00 EM I. 3, 4, 5 EM II. 16	12:30 - 14:00 DZ I. 1, 2 DM I. 1, 2	12:30 - 14:00 AOK II. G1, H3 FOK II. 2	12:30 - 14:00 FOK I. 1, 2, 3, 4	12.30 - 14.00 AOK I. G1, G2, G3
14:00 - 15:30 AOK I. A3, D2 AOK II. D1	14:00 - 15:30 DM I. 7, DP I. 1 FOK II. 1	14:00 - 15:30 GYTK I. B2 FOK I. 5, 6		14:00 - 15:30 AOK I. C1, C3 GYTK I. C2,
15:30 - 16:30 Circuit training 15:30 - 16:30 Self devence	15:30 - 17:00 AOK I. B1, B2, B3	15:30 - 17:00 EM I. 2, 6, 13	15:30 - 17:00 FOK II. 3, 4, 5, 6	15:30 - 17:00 EM II. 8, 9, 10
	17:00 - 18:00 Salsa course 17:00-18:00 Badminton course	17:00 - 18:00 Bless You Gym course	17:00 - 18:00 Boulder course 16:30-18:00 5. Sport's therapy	17:00 - 18:00 Aerobic course
18.00 - 19.30 Basketball training	18.00 - 19:30 Volleyball training	18.00 - 19.30 Basketball training	18.00 - 19:30 Volleyball training	18.00 - 19:00 Zumba course
19.30 - 21.00 Handball training		19.30 - 21.00 Handball training	19.30 - 21.00 Taekwondo course	
Artificial tennis ground or artificial football field in the Zágrábi street				
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				14:00 - 17:00 Hiking 1. 14:00 - 17:00 Hiking 2.
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