

Schedule of Physical Education in Sports' Hall of Buda Campus

with several sport activities in the Fall semester of the academic year of 2019/2020

Weekdays	Time	Sports	Trainer
Monday	8.00-10.00	Circuit training 1	Ms. Edit Nyiriné Tóth
		Volleyball 1	Mr. Péter Kovács
	10.00-12.00	Aerobic 1	Ms. Edit Nyiriné Tóth
		Body fitness* 1	Mr. Balázs Farkas
		Circuit training 2	Mr. József Keresztesi
	12.00-14.00	Body fitness* 2	Ms. Edit Nyiriné Tóth
		Football 1	Mr. József Keresztesi
		Swimming** 1	Mr. Péter Kovács
	14.00-16.00	Spinal training 1	Ms. Edit Nyiriné Tóth
		Basketball 1	Mr. Balázs Farkas
		Swimming** 2	Mr. Péter Kovács
	Tuesday	8.00-10.00	Body fitness* 3
Football 2			Mr. József Keresztesi
Swimming** 3			Mr. Péter Kovács
10.00-12.00		Basketball 2	Mr. Balázs Farkas
		Volleyball 2	Ms. Edit Nyiriné Tóth
12.00-14.00		Spinal training 2	Ms. Edit Nyiriné Tóth
		Volleyball 3	Mr. József Keresztesi
		Swimming** 4	Mr. Péter Kovács
14.00-16.00		Aerobic 2	Ms. Edit Nyiriné Tóth
		Volleyball 4	Mr. Balázs Farkas
Wednesday	8.00-10.00	Volleyball 5	Mr. József Keresztesi
		Table tennis 1	Mr. Balázs Farkas
	10.00-12.00	Body fitness* 4	Mr. József Keresztesi
		Aerobic 3	Ms. Edit Nyiriné Tóth
		Volleyball 6	Mr. Péter Kovács
	12.00-14.00	Spinal training 3	Ms. Edit Nyiriné Tóth
		Volleyball 7	Mr. Péter Kovács
		Swimming** 5	Mr. József Keresztesi
14.00-16.00	Badminton 1	Mr. Péter Kovács	

Weekdays	Time	Sports	Trainer
Thursday	8.00-10.00	Body fitness* 5	Mr. Balázs Farkas
		Badminton 2	Mr. Péter Kovács
		Swimming** 6	Mr. József Keresztesi
	10.00-12.00	Body fitness* 6	Mr. Balázs Farkas
		Football 3	Mr. József Keresztesi
		Swimming** 7	Mr. Péter Kovács
	12.00-14.00	Aerobic 4	Ms. Edit Nyiriné Tóth
		Table tennis 2	Mr. Balázs Farkas
		Body fitness* 7	Mr. József Keresztesi
	14.00-16.00	Spinal training 4	Ms. Edit Nyiriné Tóth
Basketball 3		Mr. Balázs Farkas	
Friday	8.00-10.00	Aerobic 5	Ms. Edit Nyiriné Tóth
		Volleyball 8	Mr. Balázs Farkas
	10.00-12.00	Table tennis 3	Mr. Balázs Farkas
		Volleyball 9	Mr. József Keresztesi
	12.00-14.00	Football 4	Mr. József Keresztesi

***Body fitness and **Swimming courses are outside of the Campus and for fee**