Kierunek: Trener personalny z elementami fitness semestr

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DATA** |  | |  | |  | |  | |  | |  |  |  |  |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | **8.00-**  **8.45** | **8.50-**  **9.35** | **9.40-**  **10.25** | **10.30-**  **11.15** | **11.20-**  **12.05** | **12.10-**  **12.55** | **13.00-**  **13.45** | **13.50-**  **14.35** | **14.40-**  **15.25** | **15.30-**  **16.15** | **16.15-**  **17.00** | **17.00-**  **17.45** | **17.50-**  **18.35** | **18.40-**  **19.20** |
| 15.02 | B | B | B | B | B | B | B | B |  |  |  |  |  |  |
| 16.02 | M | M | M | M | M | M | M | M |  |  |  |  |  |  |
| 22.03 | R | R | R | R | R | R | R | R |  |  |  |  |  |  |
| 23.03 | P | P | P | P | P | P | P | P |  |  |  |  |  |  |
| 12.04 |  |  |  |  |  |  | PD | PD | PD | PD | PD | PD |  |  |
| 13.04 | R | R | R | R | R | R | R | R |  |  |  |  |  |  |
| 17.05 | R | R | R | R | R | R | R | R |  |  |  |  |  |  |
| 18.05 | P | P | P | P | P | P | P | P |  |  |  |  |  |  |
| 14.06 | M | M | M | M | M | M | M | M |  |  |  |  |  |  |
| 15.06 | B | B | B | B | B | B | B | B |  |  |  |  |  |  |

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| **PRZEDMIOT** | | **NAUCZYCIEL** | **MIEJSCE ZAJĘĆ** |
| **B** | Biomechanika i fizjologia wysiłku |  | Siłownia Gallaxy  ul. Niepodległości 47 |
| **M** | Metodyka ćwiczeń fitness | Magdalena Chudzińska |
| **R** | Realizacja indywidualnej sesji treningowej z podopiecznym |  |
| **P** | Prowadzenie zajęć grupowych fitness z wykorzystaniem muzyki |  |
| **M** | Metodyka ćwiczeń fitness |  |
| **PD** | Podstawy działalności gospodarczej | Tomasz Ignaszewski | Ul. .Kurpińskiego 2, ZS 4 |
|  |  |