

## SPORT DEPARTMENT TIMETABLE FOR WINTER SEMESTER 2012/13

valid for Faculty of Arts, Faculty of Social Sciences and Faculty of Humanities

(members of other faculties can join the courses only when there are free places - please, always consult the teacher!)

Please, be present by the first class and register yourself online in SIS and at the website of the Sport Education Department:

<https://ktv.ff.cuni.cz/is/>

The students of Faculty of Humanities register themselves only at the website of the Sport Education Department.

Should you have any problems with the registration, consult the teacher or the secretary of the department (office hours We and Th 10-12).

Náměstí Jana Palacha 2, Praha 1, 110 00 (metro station Staroměstská)

Tel.: 221 619 322

Room 132 (located on the main staircase between ground and first floor)

**The Sport Department asks you to use clean sport shoes for the indoor sport activities and take part in the classes regularly!**

Unless stated otherwise, sport classes are for free. Fees are to be paid by the first class.

### MONDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
9:00	10:30	Tai-chi (class starts on 15.10.2012)	JEDNOTA, Opletalova 38	Kolářová	ASZTV0050
10:30	12:00	Tai-chi (class starts on 15.10.2012)	JEDNOTA, Opletalova 38	Kolářová	ASZTV0050
12:15	13:45	Tai-chi (class starts on 15.10.2012)	JEDNOTA, Opletalova 38	Kolářová	ASZTV0050
14:00	15:30	Nordic walking (bring your own sticks or ask the teacher in the first class about borrowing/purchasing them)	HOSTIVAR, meeting in the entrance hall	Chvátal	ASZTV0065
15:00	16:30	Small balls (exercises based on Pilates and Fitness Yoga) (from 15.10.2012)	JEDNOTA, Opletalova 38	Slavíková	ASZTV0005
16:00	17:30	Condition run in Hostivar forest	HOSTIVAR, meeting in the entrance hall	Chvátal	ASZTV0042
16:30	18:00	Health Exercises (from 15.10.2012)	JEDNOTA, Opletalova 38	Slavíková	ASZTV0005
17:30	19:00	Indoor football with light ball	HOSTIVAR Outside tennis hall	Chvátal	ASZTV0046
18:00	18:45	Swimming - style improving	HOSTIVAR, swimming pool	Smrčka	ASZTV0004
18:30	20:00	Wellness Yoga	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
19:00	20:30	Volleyball - beginners and intermediates	HOSTIVAR Outside tennis hall	Chvátal	ASZTV0006
19:00	21:00	Volleyball - advanced players (women)	HOSTIVAR central hall	Smrčka	ASZTV0026
20:00	21:30	Yoga Therapy	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061

### TUESDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
8:00	9:00	Tennis - beginners and intermediates	HOSTIVAR central hall	Šeflová	ASZTV0009
8:30	10:00	Climbing on an artificial wall (200 CZK fee for 1 semester)	SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
9:00	10:00	Tennis - intermediates	HOSTIVAR central hall	Šeflová	ASZTV0009
9:30	10:45	Pilates - beginners (from 16.10.2012)	JEDNOTA, Opletalova 38	Volrábová	ASZTV0003
10:00	11:30	Stepaerobic (320 CZK fee for 1 semester)	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
10:00	11:30	Climbing on an artificial wall (200 CZK fee for 1 semester)	SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
10:00	12:00	Tennis - advanced players	HOSTIVAR central hall	Šeflová	ASZTV0009
11:00	12:15	Pilates - beginners (from 16.10.2012)	JEDNOTA, Opletalova 38	Volrábová	ASZTV0003
11:00	12:30	Golf for beginners and intermediates. Fee for use of the sport areal and equipment 1400 CZK/semester.	HOSTIVAR GOLF PARK	Černá	ASZTV0063
11:30	13:00	Aerobic (320 CZK fee for 1 semestr)	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
11:30	13:00	Climbing on an artificial wall - advanced (200 CZK fee for 1 semester)	SQUASHPARK CIBULKA, Prague 5	Šefl	ASZTV0051
12:00	12:45	Swimming - style improving	HOSTIVAR, swimming pool	Šeflová	ASZTV0010

12:30	14:00 Pilates - intermediates (from 16.10.2012)	JEDNOTA, Opletalova 38	Volrábová	ASZTV0022
12:30	14:00 Golf for beginners and intermediates. Fee for use of the sport areal and equipment 1400 CZK/semester.	HOSTIVAR GOLF PARK	Černá	ASZTV0063
16:00	17:30 Health Exercises (from 16.10.2012)	JEDNOTA, Opletalova 38	Hrazdírová	ASZTV0002
16:00	17:30 Volleyball - intermediates	HOSTIVAR outside tennis hall	Šeflová	ASZTV0012
16:15	17:45 Basketball - intermediates	HOSTIVAR, outside hall	Hrubý	ASZTV0014
17:00	18:30 Pilates	HOSTIVAR, tělocvična nr. 1	Slavíková	ASZTV0056
17:30	19:00 Health Exercises (from 16.10.2012)	JEDNOTA, Opletalova 38	Hrazdírová	ASZTV0002
17:45	19:00 Volleyball - intermediates	HOSTIVAR, outside hall	Hrubý	ASZTV0015
18:00	18:45 Swimming - style improving	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
18:30	19:30 Body building	HOSTIVAR, body building room	Slavíková	ASZTV0011
18:45	19:30 Swimming - style improving	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
19:15	20:30 Badminton - beginners and intermediates	HOSTIVAR, outside hall	Příbyl	ASZTV0066
19:30	20:15 Swimming - beginners and weak swimmers	HOSTIVAR, swimming pool	Šeflová	ASZTV0010
19:30	21:00 Bodyballs - health exercises with balls	HOSTIVAR, tělocvična nr. 2	Slavíková	ASZTV0005
19:30	21:00 Volleyball - play class for intermediates	HOSTIVAR central hall	Hrubý	ASZTV0015
20:30	21:30 FREE SWIMMING (no credit points, participation should be regular!), fee 300 CZK/semester (the fee is to be paid before the first class - be present at 20:15 the latest!)	HOSTIVAR, swimming pool	Šeflová	ASZTV0010

### WEDNESDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
7:30	9:00	Indoor football with light ball (from 17.10.2012)	JEDNOTA, Opletalova 38	Hrázdírová	ASZTV0008
8:30	9:45	Yoga - beginners	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
9:00	9:45	Swimming - style improving (from 10.10.2012)	HOSTIVAR, swimming pool	Slavíková	ASZTV0018
9:00	10:15	Floorball 3+1, following by possibility of BODY BUILDING ROOM use	HOSTIVAR central hall	Smrčka	ASZTV0016
9:00	10:30	Indoor football with light ball (from 17.10.2012)	JEDNOTA, Opletalova 38	Hrázdírová	ASZTV0008
9:45	11:00	Yoga	HOSTIVAR, hall (sál) nr. 2	Černá	ASZTV0061
10:00	11:00	Body building	HOSTIVAR, body building room	Slavíková	ASZTV0011
10:15	11:30	Tennis - beginners	HOSTIVAR central hall	Smrčka	ASZTV0030
11:00	12:00	Zumba - intermediates (combination of aerobic and Latine American dance) (600 CZK / semester)	Národní 25 (Palace Metro, 2nd floor)	Kořínková	ASZTV58
11:00	12:30	Bodyballs - health exercises with balls	HOSTIVAR, tělocvična nr. 2	Slavíková	ASZTV0005
11:15	12:30	Body building	HOSTIVAR, body building room	Černá	ASZTV0059
12:45	13:30	Aqua gymnastics	HOSTIVAR, swimming pool	Slavíková	ASZTV0057
12:45	13:30	Condition swimming	HOSTIVAR, swimming pool	Slavíková	ASZTV0018
16:00	17:15	Table tennis - beginners and intermediates (hall shoes necessary)	HOSTIVAR, table tennis hall	Smrčka	ASZTV0054
17:00	18:00	Body building, SAUNA 18:00-19:00	HOSTIVAR, body building room	Hrubý	ASZTV0023
17:15	18:30	Table tennis - intermediates and advanced (hall shoes necessary)	HOSTIVAR, table tennis hall	Smrčka	ASZTV0054
18:00	18:45	Swimming - style improving	HOSTIVAR, swimming pool	Hrubý	ASZTV0024
18:00	19:30	Stepaerobic, SAUNA 20:00-21:00	HOSTIVAR, tělocvična nr. 1	Fryšová	ASZTV0047
19:00	20:00	Body building, SAUNA 20:00-21:00	HOSTIVAR, body building room	Hrubý	ASZTV0023
19:00	20:30	Volleyball - advanced players (women)	HOSTIVAR central hall	Smrčka	ASZTV0026
19:30	21:00	Body strenghtening exercises on music	HOSTIVAR, tělocvična nr. 1	Fryšová	ASZTV0048
20:30	21:45	Volleyball - intermediate players (mixed class)	HOSTIVAR central hall	Smrčka	ASZTV0007

### THURSDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
8:00	9:00	Body building	HOSTIVAR central hall	Smrčka	ASZTV0027
9:00	10:15	Tennis - beginners	HOSTIVAR central hall	Smrčka	ASZTV0030
10:15	11:30	Tennis - intermediates	HOSTIVAR central hall	Smrčka	ASZTV0030

13:00	14:30	Stepaerobic, participation fee 320 CZK/1 semester	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0047
14:30	16:00	Condition training for body forming, participation fee 320 CZK/1 semester	Fitcentrum-R5, Růžová 5/971, Praha 1	Fryšová	ASZTV0048
16:00	18:00	Canoeing	TROJA, Faculty of Sports shipyards	Hrubý	ASZTV0031
16:30	18:00	Health Exercises with possibility of SAUNA and SWIMMING afterwards	HOSTIVAR, tělocvična nr. 2	Hrazdírová	ASZTV0002
17:00	18:00	Body building with possibility of SAUNA and SWIMMING afterwards	HOSTIVAR, body building room	Šeflová	ASZTV0033
18:00	18:45	Swimming - style improving, possibility of SAUNA afterwards	HOSTIVAR, swimming pool	Hrazdírová	ASZTV0032
18:00	19:15	Body building	HOSTIVAR, body building room	Chvátal	ASZTV0013
18:00	19:15	Table tennis - beginners and intermediates (hall shoes necessary)	HOSTIVAR, table tennis hall	Šeflová	ASZTV0052
18:45	19:30	Swimming - style improving, possibility of SAUNA afterwards	HOSTIVAR, swimming pool	Hrazdírová	ASZTV0032
19:15	20:30	Table tennis - beginners and intermediates (hall shoes necessary)	HOSTIVAR, table tennis hall	Chvátal	ASZTV0053
19:15	20:30	Body building with possibility of SAUNA and SWIMMING afterwards	HOSTIVAR, body building room	Šeflová	ASZTV0033
19:30	20:15	Swimming - weak swimmers, possibility of SAUNA afterwards	HOSTIVAR, swimming pool	Hrazdírová	ASZTV0032
20:30	21:30	FREE SWIMMING (no credit points, participation should be regular!), fee 300 CZK/semester (the fee is to be paid before the first class - be present at 20:15 the latest!)	HOSTIVAR, swimming pool	Hrazdírová	ASZTV0032
20:30	21:45	VOLLEYBALL - beginners	HOSTIVAR central hall	Chvátal	ASZTV0006
20:30	21:45	BASKETBALL - play class	HOSTIVAR central hall, court (kurt) A	Šeflová	ASZTV0034
20:30	21:45	BASKETBALL - play class	HOSTIVAR central hall, court (kurt) B	Šeflová	ASZTV0034

## FRIDAY

From:	Until:	Name and short description of the course:	Location:	Teacher:	Course code:
7:15	8:45	Floorball 5+1	HOSTIVAR central hall	Smrčka	ASZTV0016
8:30	10:00	Yoga beginners	Blanická 17, Praha 2 (Namesti Jiriho z Podebrad)	Stellnerová	ASZTV0038
8:30	10:00	Yoga beginners	Velehradská 21, Praha 3	Potoček	ASZTV0038
8:45	10:00	Floorball 3+1	HOSTIVAR central hall	Smrčka	ASZTV0016
9:15	10:45	Tennis beginners	HOSTIVAR outside tennis hall	Chvátal	ASZTV0043
9:30	11:00	Pilates (from 19.10.2012)	JEDNOTA, Opletalova 38	Volrábová	ASZTV0003
10:00	11:00	Futsal. Indoor football with light ball	HOSTIVAR central hall	Smrčka	ASZTV0037
10:30	12:00	Yoga beginners	Blanická 17, Praha 2 (Namesti Jiriho z Podebrad)	Braunová	ASZTV0038
10:30	12:00	Yoga intermediates	Velehradská 21, Praha 3	Klimeš	ASZTV0038
11:00	12:00	Body building with possibility of afterwards SAUNA	HOSTIVAR, body building room	Chvátal	ASZTV0013
11:00	12:30	Pilates - intermediates (from 19.10.2012)	JEDNOTA, Opletalova 38	Volrábová	ASZTV0003
11:00	12:30	Volleyball - play class, possibility of afterwards SAUNA	HOSTIVAR central hall	Smrčka	ASZTV0007
12:30	13:30	Golf for beginners and intermediates. Fee for use of the sport areal and equipment 1400 CZK/semester.	HOSTIVAR GOLF PARK	Chvátal	ASZTV0062