

SPORT ACTIVITIES WINTER SEMESTER 2019

Activity	Time		Meeting point	You need	Teacher	
Mountainbiking	1. lesson obligatory	individual	1. lesson theoretical J29 8:00		Mgr. David Chaloupsky	
	24.09.2019				david.chaloupsky@uhk.cz	
Jogging	1. lesson obligatory	individual	1. lesson theoretical J29 13:15		Mgr. David Chaloupsky	
	02.10.2019				david.chaloupsky@uhk.cz	
Squash 1,2,3,4	We 8:30 - 9:30	Squash centrum Třebeš	Hradecká 1770	indoor sport shoes	Mgr. Petr Hrusa	
	We 9:00 - 10:00			sport dress	petr.hrusa@uhk.cz	
	We 9:30 - 10:30			500 Kč/sem		
	We 10:00- 11:00					
Badminton	Thr 11:00 - 12:00	Sportpark HIT Třebeš	Hradecká 775/115	indoor sport shoes	Mgr. Petr Hrusa	
				500 Kč/sem	petr.hrusa@uhk.cz	
Sport climbing	We 9:30 - 11:00	New climbing hall	Climbing hall - Brněnská 302	indoor sport shoes	Mgr. Pavlina Chaloupska	
	We 12:00 - 13:30			sport dress	pavlina.chaloupska@uhk.cz	
				40Kč/lesson		
Condition exercises - weight training training	Tu 9:00 - 12:00	FIT FILIP Moravske predmesti	Gymnastic hall	indoor sport shoes	Mgr. Pavlina Chaloupska	
	We 9:00 - 12:00		Jana Masarika 1713, bus 27,28	sport dress, 600 Kč/sem.	pavlina.chaloupska@uhk.cz	
	Thr 8:00 - 11:00					
Health exercise	Thr 13:30 - 14:30	Sport hall Třebeš	Na Potoce 691/30	sport dress	Mgr. Dagmar Hrusová	
				180 Kč/sem	dagmar.hrusova@uhk.cz	
Jumping1	Mo 16:00-17:00	FitStyle fitness studio	YMCA, Šafaříkova 666	730/ Kč/sem	Mgr. Dagmar Hrusová	
Jumping2	We 16:00-17:00			790 Kč/sem	dagmar.hrusova@uhk.cz	
Volleyball	Mo 11:30 - 13:00	Sport hall Třebeš	Na Potoce 691/30	indoor sport shoes	Mgr. Petr Hrusa	
				sport dress, 250Kč/sem.	petr.hrusa@uhk.cz	
Self Defence	We 16:00 -17:00	gym hall school Mandysova	Mandysova 1434	indoor sport shoes	Mgr. Pavlina Chaloupska	
					250Kč/sem.	pavlina.chaloupska@uhk.cz
Futsal	Mo 8:15 - 9:45	Sport hall Třebeš	Na Potoce 691/30	indoor sport shoes	Mgr. Petr Hrusa	
				250 Kč/sem	petr.hrusa@uhk.cz	
Pilates 1	Mo 10:30 - 11:30		Na Potoce 691/30	sport dress	Mgr. Dagmar Hrusová	
Pilates 2	Thr 12:30 -13:30	Sport hall Třebeš		180 Kč/sem	dagmar.hrusova@uhk.cz	
Core-training	Mo 11:30 - 12:30	Sport hall Třebeš	Na Potoce 691/30	sport dress	Mgr. Dagmar Hrusová	
				180 Kč/sem	dagmar.hrusova@uhk.cz	
TRX	Tu 16:00 - 17:00	FitStyle fitness studio	YMCA, Šafaříkova 666		Mgr. Dagmar Hrusová	

				790Kč/sem	dagmar.hrusova@uhk.cz
Skiing course for beginners or hiking Czech Republic	12.-15.12.2019	Jizerské hory	skiing for beginners, hiking	1350 Kč including accomodation, meals	Mgr. David Chaloupsky david.chaloupsky@uhk.cz
Skiing and snowboarding course Austria Alps advaced	January 2019	Austria 4 days of sking	skiing and snowboarding not for beginners	6800 Kč including accomodation+ meal,transport to Austria,skipass	Mgr. David Chaloupsky david.chaloupsky@uhk.cz
weekend with touristics	November 2019	will be available later	touristik	will be available later	Mgr. David Chaloupsky david.chaloupsky@uhk.cz
Weekend course touristic	12. - 14. 10.2019	Czech Paradise, Frýdštejn	touristik, scooter	outdoor clothes 800 Kč includes accomodation	Mgr. Dagmar Hrusová dagmar.hrusova@uhk.cz

Information about payment you will get by the teacher .

If you need any help, write email or call Pavlina Chaloupska.

pavlina.chaloupska@uhk.cz

Up-dating: 9.10. 2019

Mgr. Pavlína Chaloupská Ph.D.