Kierunek: Trener personalny

Gallay Sports, ul. Niepodległości 47

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| **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** |
| 18.10 SEMESTR I i II | **C** | **C** | **C** | **C** | **O** | **O** | **O** |  |  |  |  |  |  |  |
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| 19.10SEMESTR I i II | **C** | **C** | **C** | **C** | **PZ** | **PZ** | **PZ** | **PZ** |  |  |  |  |  |  |
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| **PRZEDMIOT** | **NAUCZYCIEL** |
| **C** | Ćwiczenia siłowe, aerobowe, rozciągające i wyciszające | Magdalena Chudzińska |
| **O** | Opracowanie indywidualnych programów treningowych | Magdalena Chudzińska |
| **PZ** | Prowadzenie zajęć indywidualnych z fitnessu z wykorzystaniem muzyki | **Magdalena Chudzińska** |
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