

# TESTNEVELÉS ÓRAREND

1034 BUDAPEST III., DOBERDÓ U. 6.

|               | HÉTFŐ                 | KEDD                                        | SZERDA                                                                    | CSÜTÖRTÖK                                              | PÉNTEK                | Szombat |
|---------------|-----------------------|---------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------|-----------------------|---------|
| 08:00 - 09:40 | Molnár Sándor         | Vadász Levente                              | Molnár Sándor                                                             | Bahor Zsolt/Őri Gergely                                | Bahor Zsolt           |         |
|               | GYM                   | VOLLEYBALL                                  | KETTLEBELL                                                                | ROWING/TABLE TENNIS                                    | VOLLEYBALL            |         |
|               | 15 prs<br>26-D-KO-N-K | 20 prs<br>31-D-RL-N-K                       | 15 prs<br>38-RP-KB-N-K/12-D-AT-N-K                                        | 20/20 prs<br>43-NSZ-EV-N-K/16-D-AT-N-K                 | 20 prs<br>51-D-RL-N-K |         |
| 09:50 - 11:30 | Molnár Sándor         | Vadász Levente                              | Molnár Sándor/Őri Gergely                                                 | Bahor Zsolt/Vadász Levente/Őri Gergely                 | Bahor Zsolt           |         |
|               | FOOTBALL              | BASKETBALL                                  | TENNIS<br>BEGINNER/TABLE<br>TENNIS                                        | ROWING/FLOORBALL/<br>GYM                               | TABLE TENNIS          |         |
|               | 20 prs<br>27-D-LR-N-K | 20 prs<br>32-D-KL-N-K                       | 12/20 prs<br>39-RP-TE-N-K/12-D-AT-N-K                                     | 20/20/15 prs<br>44-NSZ-EV-N-K/45-D-FB-N-K/ 17-D-KO-N-K | 20 prs<br>52-D-AT-N-K |         |
| 11:40 - 13:20 | Molnár Sándor         | Molnárné Pajor Bea/Vadász Levente           | Molnár Sándor/Őri Gergely                                                 | Bahor Zsolt/Vadász Levente                             | Bahor Zsolt           |         |
|               | FITNESS TEST          | GYM/HANDBALL                                | BALL GAMES/GYM/LEISURE<br>SPORTS                                          | GYM/TABLE TENNIS                                       | GYM                   |         |
|               | 25 prs<br>28-D-FM-N-K | 20/20 prs<br>33-D-KO-N-K/34-D-KEL-N-K       | 15/15/200 prs<br>40-RP-LJ-N-K/13-D-KO-N-K/21-D-SZSP-L-K                   | 15/20 prs<br>46-D-KO-N-K/47-D-AT-N-K                   | 15 prs<br>53-D-KO-N-K |         |
| 13:30 - 15:10 | Molnár Sándor         | Molnárné Pajor Bea                          | Molnár Sándor/Őri Gergely                                                 | Bahor Zsolt/Vadász Levente                             | Bahor Zsolt           |         |
|               | TABLE TENNIS          | MEDICAL P.E.                                | TENNIS<br>ADVANCED/FOOTBALL                                               | RUNNING-<br>JOGGING/FOOTBALL                           | HIKING                |         |
|               | 20 prs<br>29-D-AT-N-K | 20 prs<br>35-D-GT-N-K                       | 12/20 prs<br>41-RP-TE-N-K/14-D-LR-N-K                                     | 30/20 prs<br>48-D-FUKO-N-K/49-D-LR-N-K                 | 30 prs<br>54-D-TU-N-K |         |
| 15:20 - 17:00 | Molnár Sándor         | Molnárné Pajor Bea                          | Molnár Sándor                                                             | Bahor Zsolt                                            | Bahor Zsolt           |         |
|               | RUNNING               | TABLE TENNIS                                | RUNNING                                                                   | HIKING                                                 | HIKING                |         |
|               | 25 prs<br>30-D-FU-N-K | 20 prs<br>36-D-AT-N-K                       | 25 prs<br>42-RP-FU-N-K                                                    | 30 prs<br>50-D-TU-N-K                                  | 30 prs<br>55-D-TU-N-K |         |
| 17:05- 18:40  |                       | Molnárné Pajor Bea<br>12 prs<br>37-D-AT-N-K |                                                                           |                                                        |                       |         |
| 20:00-21:30   |                       |                                             | Őri Gergely<br>MEN'S COMPETITION<br>BASKETBALL<br>20 prs<br>15-TCS-KL-N-K |                                                        |                       |         |