|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lp. | Data |  |  | 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 | 16.20-17.05 | 17.10-17.55 |
| 1 | 20.lut | W soboty zajęcia odbywają się w siedzibie Akademii Zdrowego Ciała w Legnicy przy ul. Hubalczyków 2   | TMW | TMW | TMW | RIST | RIST | RIST | RIST | RIST |   |   |
| 2 | 21.lut | ZGF | ZGF | ZGF | ZGF | BF | BF | PD | PD |   |   |
| 3 | 20.mar | BF | BF | TMW | TMW | TMW | RIST | RIST | RIST |   |   |
| 4 | 21.mar | ZGF | ZGF | ZGF | ZGF | PD | PD | MF | MF |   |   |
| 5 | 10.kwi | PD | PD | TMW | TMW | TMW | RIST | RIST | RIST |   |   |
| 6 | 11.kwi | RIST | RIST | BF | BF | MF | MF | MF | MF |   |   |
| 7 | 15.maj | TMW | TMW | TMW | TMW | RIST | RIST | RIST | RIST |   |   |
| 8 | 16.maj | ZGF | ZGF | ZGF | ZGF | PD | PD | MF | MF |   |   |
| 9 | 12.cze | RIST | RIST | ZGF | ZGF | ZGF | ZGF | BF | BF |   |   |
| 10 | 13.cze | TMW | TMW | TMW | RIST | RIST | RIST | RIST | RIST |   |   |
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|  | LEGENDA: |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | PRZEDMIOT | ŁĄCZNA ILOŚĆ GODZIN | NAUCZYCIEL |
|  | TMW | Techniki i metodyka wykonywania ćwiczeń | 16 | Mateusz M. |
|  | RIST | Realizacja indywidualnej sesji treningowej z podopiecznymm | 24 | Mateusz M. |
|  | ZGF | Prowadzenie zajęć grupowych fitness z wykorzystaniem muzyki | 16 | Mateusz M. |
|  | BF | Biomechanika i fizjologia wysiłku | 8 | Mateusz M. |
|  | PD | Podstawy działalności gospodarczej (podstawy przedsiębiorczości) | 8 | Mateusz M. |
|  | MF | Metodyka ćwiczeń fitness | 8 | Mateusz M. |
|  |  |  |  |  |  | RAZEM: | 80 |  |  |  |
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