

HARMONOGRAM ZAJĘĆ REKREACYJNO - SPORTOWYCH W SEMESTRZE ZIMOWYM ROKU AKADEMICKIEGO 2018/2019

Wrzesień 2018

| Poniedziałek |  |   | Wtorek |   |   | Środa |   |    | Czwartek |   |   | Piątek |  |   | Sobota |    | Niedziela |    |   |   |   |
|--------------|--|---|--------|---|---|-------|---|----|----------|---|---|--------|--|---|--------|----|-----------|----|---|---|---|
|              |  |   |        |   |   |       |   |    |          |   |   |        |  |   | 1      |    | 2         |    |   |   |   |
| 3            |  |   | 4      |   |   | 5     |   |    | 6        |   |   | 7      |  |   | 8      |    | 9         |    | R |   |   |
| 10           |  | R | 11     |   | R | 12    |   | R  | 13       |   | R | 14     |  | R | 15     |    | 16        |    | R |   |   |
| 17           |  | R | 18     |   | R | 19    |   | R  | 20       |   | R | 21     |  | R | 22     |    | 23        |    | R |   |   |
| 24           |  | R | N      | 5 |   | R     | N | 26 |          | R | N | 27     |  | R | N      | 29 |           | 30 |   | R | N |

Październik 2018

| Poniedziałek |   |   | Wtorek |    |   | Środa |   |    | Czwartek |   |   | Piątek |   |   | Sobota |    | Niedziela |   |   |    |  |   |   |
|--------------|---|---|--------|----|---|-------|---|----|----------|---|---|--------|---|---|--------|----|-----------|---|---|----|--|---|---|
| 1            | R | N | 2      | R  | N | 3     | R | N  | 4        |   | R | 5      | R | N | 6      |    | 7         | R | N |    |  |   |   |
| 8            | R | N | S      | 9  | R | N     | A | 10 | R        | N | A | 11     |   | R | S      | 12 |           | R | N | 13 |  | R | N |
| 15           | R | N | S      | 16 | R | N     | A | 17 | R        | N | A | 18     |   | R | S      | 19 |           | R | N | 20 |  | R | N |
| 22           | R | N | S      | 23 | R | N     | A | 24 | R        | N | A | 25     |   | R | S      | 26 |           | R | N | 27 |  | R | N |
| 29           |   | R | N      | 30 |   | R     | N | 31 |          |   |   |        |   |   |        |    |           |   |   |    |  |   |   |

Listopad 2018

| Poniedziałek |   |   |   | Wtorek |   |   |   | Środa |   |   |   | Czwartek              |   |   | Piątek |   |   | Sobota |  | Niedziela                |  |   |   |
|--------------|---|---|---|--------|---|---|---|-------|---|---|---|-----------------------|---|---|--------|---|---|--------|--|--------------------------|--|---|---|
|              |   |   |   |        |   |   |   |       |   |   |   | 1 Wszystkich Świętych |   |   | 2      |   |   | 3      |  | 4                        |  | R | N |
| 5            | R | N | S | 6      | R | N | A | 7     | R | N | A | 8                     | R | S | 9      | R | N | 10     |  | 11 Święto Niepodległości |  |   |   |
| 12           | R | N | S | 13     | R | N | A | 14    | R | N | A | 15                    | R | S | 16     | R | N | 17     |  | 18                       |  | R | N |
| 19           | R | N | S | 20     | R | N | A | 21    | R | N | A | 22                    | R | S | 23     | R | N | 24     |  | 25                       |  | R | N |
| 26           | R | N | S | 27     | R | N | A | 28    | R | N | A | 29                    | R | S | 30     | R | N |        |  |                          |  |   |   |
|              |   |   |   |        |   |   |   |       |   |   |   |                       |   |   |        |   |   |        |  |                          |  |   |   |

Grudzień 2018

| Poniedziałek |   |   |   | Wtorek                   |   |   |   | Środa                     |   |   |   | Czwartek |  |   |   | Piątek |  |   |    | Sobota |  |  |    | Niedziela |  |   |   |
|--------------|---|---|---|--------------------------|---|---|---|---------------------------|---|---|---|----------|--|---|---|--------|--|---|----|--------|--|--|----|-----------|--|---|---|
|              |   |   |   |                          |   |   |   |                           |   |   |   |          |  |   |   |        |  |   |    | 1      |  |  |    | 2         |  | R | N |
| 3            | R | N | S | 4                        | R | N | A | 5                         | R | N | A | 6        |  | R | S | 7      |  | R | N  | 8      |  |  |    | 9         |  | R | N |
| 10           | R | N | S | 11                       | R | N | A | 12                        | R | N | A | 13       |  | R | S | 14     |  | R | N  | 15     |  |  |    | 16        |  | R | N |
| 17           | R | N | S | 18                       | R | N | A | 19                        | R | N | A | 20       |  | R | S | 21     |  | R | N  | 22     |  |  |    | 23        |  | R | N |
| 24           |   |   |   | 25 Boże Narodzenie I dz. |   |   |   | 26 Boże Narodzenie II dz. |   |   |   | 27       |  |   |   | 28     |  | R | 29 |        |  |  | 30 |           |  | R |   |
| 31           |   |   |   |                          |   |   |   |                           |   |   |   |          |  |   |   |        |  |   |    |        |  |  |    |           |  |   |   |

Styczeń 2019

| Poniedziałek |   |   |   | Wtorek     |   |   |   | Środa |   |   |   | Czwartek |   |   |    | Piątek |   |    |                | Sobota |  |  |    | Niedziela |   |  |  |
|--------------|---|---|---|------------|---|---|---|-------|---|---|---|----------|---|---|----|--------|---|----|----------------|--------|--|--|----|-----------|---|--|--|
|              |   |   |   | 1 Nowy Rok |   |   |   | 2     |   | R | 3 |          | R | 4 |    | R      | 5 |    | 6 Trzech Króli |        |  |  |    |           |   |  |  |
| 7            | R | N | S | 8          | R | N | A | 9     | R | N | A | 10       | R | S | 11 | R      | N | 12 |                |        |  |  | 13 | R         | N |  |  |
| 14           | R | N | S | 15         | R | N | A | 16    | R | N | A | 17       | R | S | 18 | R      | N | 19 |                |        |  |  | 20 | R         | N |  |  |
| 21           | R | N | S | 22         | R | N | A | 23    | R | N | A | 24       | R | S | 25 | R      | N | 26 |                |        |  |  | 27 | R         | N |  |  |
| 28           | R | N | S | 29         | R | N | A | 30    | R | N | A | 31       | R | S |    |        |   |    |                |        |  |  |    |           |   |  |  |

Luty 2019

| Poniedziałek |   |   | Wtorek |   |   | Środa |   |   | Czwartek |   |   | Piątek |   |   | Sobota |   |  | Niedziela |    |   |  |
|--------------|---|---|--------|---|---|-------|---|---|----------|---|---|--------|---|---|--------|---|--|-----------|----|---|--|
|              |   |   |        |   |   |       |   |   |          |   |   | 1      | R | N | 2      |   |  | 3         | R  | N |  |
| 4            | R | S | 5      | R | A | 6     | R | N | A        | 7 | R | S      | 8 | N |        | 9 |  |           | 10 | N |  |
| 11           |   |   | 12     |   |   | 13    |   |   | 14       |   |   | 15     |   |   | 16     |   |  | 17        |    |   |  |
| 18           |   |   | 19     |   |   | 20    |   |   | 21       |   |   | 22     |   |   | 23     |   |  | 24        |    |   |  |
| 25           |   |   | 26     |   |   | 27    |   |   | 28       |   |   |        |   |   |        |   |  |           |    |   |  |
|              |   |   |        |   |   |       |   |   |          |   |   |        |   |   |        |   |  |           |    |   |  |

Legenda:

|                     |                |              |          |        |
|---------------------|----------------|--------------|----------|--------|
| Karnety rekreacyjne | Nauka pływania | Aqua fitness | Spinning | Święto |
|---------------------|----------------|--------------|----------|--------|

CENTRUM KULTURY FIZYCZNEJ UMCS



