

TRENER PERSONALNY Z ELEMENTAMI FITNESS

| Terminy zjazdów | 05 - 09 | 06 - 09 | 12 - 09 | 13 - 03 | 19 - 09 | 20 - 09 | 26 - 09 | 27 - 09 | 03 - 10 | 04 - 10 | 10 - 10 | 11 - 10 | 17 - 10 | 18 - 10 | 24 - 10 | 25 - 10 | 07 - 11 | 08 - 11 | 14 - 11 | 15 - 11 | 21 - 11 | 22 - 11 | 28 - 11 | 29 - 11 | 05 - 12 | 06 - 12 | 12 - 12 | 13 - 12 | 19 - 12 | 20 - 12 | 09 - 01 | 10 - 01 | 16 - 01 | 17 - 01 | 23 - 01 | 24 - 01 | 30 - 01 | 31 - 01 | | | | | | | | | | |
|-------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|---|---|--|---|---|---|--|--|--|
| Godziny zajęć | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 ⁵⁰ - 9 ³⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | C | M | | | | | | | |
| 9 ⁴⁰ - 10 ²⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | | | | C | M | | | | |
| 10 ³⁰ - 11 ¹⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | | | | C | M | | | | |
| 11 ²⁰ - 12 ⁰⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | | | | C | M | | | | |
| 12 ¹⁰ - 12 ⁵⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | | | | | C | Z | | | |
| 13 ⁰⁰ - 13 ⁴⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | | | | | C | Z | | | |
| 13 ⁵⁰ - 14 ³⁵ | | | | | | | | | | | | | | | Z | C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Z | | | |
| 14 ⁴⁰ - 15 ²⁵ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 ³⁰ - 16 ¹⁵ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 ²⁰ - 17 ⁰⁵ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 ¹⁰ - 17 ⁵⁵ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 ⁰⁰ - 18 ⁴⁵ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 ⁵⁰ - 19 ³⁵ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| PRZEDMIOT | NAUCZYCIEL | LICZBA GODZIN W CAŁOŚCI NA PRZEDMIOT | SYMBOL |
|---|------------------|--------------------------------------|--------|
| PROWADZENIE ZAJĘĆ INDYWIDUALNYCH Z FITNESSU Z WYKORZYSTANIEM MUZYKI | J. DĄBROWSKA | 16 | Z |
| ĆWICZENIA SIŁOWE, AEROBOWE, ROZCIĄGAJĄCE I WYCISZAJĄCE | J. DĄBROWSKA | 24 | C |
| BIOMECHANIKA WYSIŁKU | A. ŻYWICKA | 8 | B |
| METODY ĆWICZEŃ FITNESS | J. DĄBROWSKA | 8 | M |
| TRENING UMIEJĘTNOŚCI INTERPERSONALNYCH | J. BĄK-MILER | 8 | U |
| PODSTAWY PRZEDSIĘBIORCZOŚCI | S. CZERWIŃSKA76Y | 8 | G |