

ADAPTED PHYSICAL ACTIVITY (TIMETABLE)



Palacký University
Olomouc

DATE: 15-26 JULY 2024

PLACE: PALACKÝ UNIVERSITY IN OLOMOUC, FACULTY OF PHYSICAL CULTURE

CONTACT PERSON: JIŘÍ MÁNEK (jiri.manek@upol.cz)

WELCOME ACTIVITIES (OPTIONAL): 13-14 JULY (to be specified on our website)

WEEK 1 (15-19 JULY)				
MON	TUE	WED	THU	FRI
9:00-10:30 YOGA	9:00-10:30 YOGA	9:00-10:30 YOGA	9:00-10:30 YOGA	TRIP TO PRAGUE (OPTIONAL)
10:45-12:15 THEORY	10:45-12:15 THEORY	10:45-12:15 THEORY	10:45-12:15 THEORY	
LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	
13:30-15:00 THEORY	13:30-15:00 THEORY	13:30-15:00 THEORY	13:30-15:00 THEORY	
15:15-16:45 PRACTICAL	15:15-16:45 PRACTICAL	15:15-16:45 PRACTICAL	15:15-16:45 PRACTICAL	
WEEK 2 (22-26 JULY)				
MON	TUE	WED	THU	FRI
9:00-10:30 YOGA	9:00-10:30 YOGA	9:00-10:30 YOGA	9:00-10:30 YOGA	TRIP TO VIENNA (OPTIONAL)
10:45-12:15 THEORY	10:45-12:15 THEORY	10:45-12:15 THEORY	10:45-12:15 THEORY	
LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	
13:30-15:00 THEORY	13:30-15:00 THEORY	13:30-15:00 THEORY	13:30-15:00 THEORY	
15:15-16:45 PRACTICAL	15:15-16:45 PRACTICAL	15:15-16:45 PRACTICAL	15:15-16:45 PRACTICAL	