**Расписание учебно- тренировочных занятий в МБУ ДОСШ «Спартак»**

**2024-2025 учебный год**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №п/п | Ф.И.О.тренера -преподавателя | Отделение | Группа | Понедельник | Вторник | Среда | Четверг | Пятница | Суббота | Воскресенье |
| 1. 1
 | Балбеков А.В. | Дзюдо | УТ-1 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 |  |  |
| НП-3 | 14.30-16.30 |  | 14.30-16.30 |  | 14.30-16.30 |  |  |
| СО |  | 14.30-16.00 |  | 14.30-16.00 |  | 14.30-16.00 |  |
| 1. 3
 | Меренков В. В. | Дзюдо | ССМ | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 |  |
| 1. 4
 | Балбеков С.В. | Дзюдо | ССМ | 7.00-8.0018.40-21.00 | 7.00-8.0018.40-21.00 | 7.00-8.0018.40-21.00 | 7.00-8.0018.40-21.00 | 7.00-8.0018.40-21.00 | 7.00-8.0018.40-21.00 |  |
| УТ-1 | 16.00-18.30 | 16.00-18.30 |  | 16.00-18.30 | 16.00-18.30 |  |  |
| НП-2 | 13.50-15.50 |  | 13.50-15.50 |  | 13.50-15.50 |  |  |
| 1. 5
 | Савчишкин К.В. | Дзюдо | УТ-4 | 18.00-20.40 | 18.00-20.40 | 18.00-20.40 | 18.00-20.40 | 18.00-20.40 | 18.00-20.40 |  |
| УТ-2 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 |  |
| УТ-1 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 | 18.00-20.00 |  |  |
| НП-3 | 15.45-17.45 |  | 15.45-17.45 |  | 15.45-17.45 |  |  |
| НП-2 | 15.45-17.45 |  | 15.45-17.45 |  | 15.45-17.45 |  |  |
| НП-1 |  | 16.15-17.45 |  | 16.15-17.45 |  | 16.15-17.45 |  |
| 1. 6
 | Поздняков О.А. | Дзюдо | УТ -2 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 |  |
| УТ -1 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 | 16.45-18.45 |  |  |
| НП-4 | 14.30-16.30 |  | 14.30-16.30 |  | 14.30-16.30 |  |  |
| 1. 7
 | Тошин П.В. | Дзюдо | ССМ | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 |  |
| НП-4 | 8.30-10.30 |  | 8.30-10.30 |  | 8.30-10.30 |  |  |
| 1. 8
 | Тошина Н. А. | Дзюдо | УТ-4 | 17.00-19.30 | 17.00-20.00 | 17.00-19.30 | 17.00-20.00 | 17.00-19.30 | 17.00-19.30 |  |
| УТ-2 | 17.00-19.00 | 17.00-19.00 | 17.00-19.00 | 17.00-19.00 | 17.00-19.00 | 17.00-19.00 |  |
| НП-2 |  | 14.00-16.00 |  |  | 14.00-16.00 | 14.00-16.00 |  |
|  НП-1 |  | 12.00-13.30 |  |  | 12.00-13.30 | 12.00-13.30 |  |
| 1. 9
 | Балбеков П. А. | Дзюдо | УТ-4 | 17.40-20.20 | 17.30-20.20 | 18.00-20.20 | 17.30-20.20 | 17.30-20.20 | 18.00-20.20 |  |
| УТ-2 | 17.40-19.40 | 17.40-19.40 | 17.40-19.40 | 17.40-19.40 | 17.40-19.40 |  |  |
| УТ-1 | 8.30-10.30 | 8.30-10.30 | 8.30-10.30 | 8.30-10.30 | 8.30-10.30 |  |  |
| НП-3 | 15.25-17.25 |  | 15.25-17.25 |  | 15.25-17.25 |  |  |
| НП - 2 |  | 15.25-17.25 |  | 15.25-17.25 |  | 15.25-17.25 |  |
| НП -1 | 13.40-15.10 |  | 13.40-15.10 |  | 13.40-15.10 |  |  |
| 1. 10
 |  Попов С. О. | Дзюдо | УТ-4 | 16.45-19.25 | 16.45-19.25 | 16.45-19.25 | 16.45-19.25 | 16.45-19.25 | 16.45-19.25 |  |
| УТ-3 | 16.45-19.05 | 16.45-19.05 | 16.45-19.05 | 16.45-19.05 | 16.45-19.05 | 16.45-19.05 |  |
| НП-4 | 14.30-16.30 |  | 14.30-16.30 |  | 14.30-16.30 |  |  |
| НП-3 | 14.30-16.30 |  | 14.30-16.30 |  | 14.30-16.30 |  |  |
| НП-1 |  | 15.00-16.30 |  | 15.00-16.30 |  | 15.00-16.30 |  |
| НП-2 |  | 9.00-11.00 |  | 9.00-11.00 |  | 9.00-11.00 |  |
| 10. | Рощупкин Н. А. | Дзюдо | ССМ | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 | 7.00-8.0018.00-20.20 |  |
| УТ-1 | 15.45-17.45 | 15.45-17.45 | 15.45-17.45 | 15.45-17.45 | 15.45-17.45 |  |  |
| НП-1 |  | 14.00-15.30 |  | 14.00-15.30 |  | 14.00-15.30 |  |
| 11. | Туленинов А. А. | Гиревой спорт | ССМ |  | 17.15-20.35 | 17.15-20.35 | 17.15-20.35 | 17.15-20.35 | 17.15-20.35 | 17.15-20.35 |
| УТ-4 |  | 17.15-19.35 | 17.15-19.35 | 17.15-19.35 | 17.15-19.35 | 17.15-19.35 | 17.15-19.35 |
| УТ-3 |  | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 |
| УТ-1 |  | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 | 15.00-17.00 |  |
| НП-3 |  | 9.00-11.00 |  | 9.00-11.00 |  | 9.00-11.00 |  |
| НП-1 |  | 9.00-10.30 |  | 9.00-10.30 |  | 9.00-10.30 |  |
| 12. | Новиков В. И. | Тяжёлая атлетика | ССМ | 6.15-7.1519.00-21.00 | 6.15-7.1518.45-20.45 | 6.15-7.1519.00-21.00 | 6.15-7.1518.45-20.45 | 6.15-7.1519.00-21.00 | 6.15-7.1518.45-20.45 |  |
| УТ-5 | 16.15-18.45 | 16.00-18.30 | 16.15-18.45 | 16.00-18.30 | 16.15-18.45 | 16.00-18.30 |  |
| УТ-1 | 16.15-18.15 | 16.15-18.15 | 16.15-18.15 | 16.15-18.15 | 16.15-18.15 |  |  |
| НП-3 | 14.00-16.00 |  | 14.00-16.00 |  | 14.00-16.00 |  |  |
| НП-1 | 14.00-15.30 |  | 14.00-15.30 |  | 14.00-15.30 |  |  |
| 13. | Ларина Н. С. | Самбо | НП-1 | 13.00-14.30 |  | 16.00-17.30 |  |  | 16.00-17.30 |  |
| СО |  | 13.00-14.30 | 14.00-15.30 |  |  | 14.00-15.30 |  |
| 14. | Шахов А. А. | Самбо | СО | 18.00-19.30 |  | 18.00-19.30 | 18.00-19.30 |  |  |  |