**Расписание занятий в МБУ СШ «Спартак»**

**на 2022 -2023 тренировочный год**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| № | Ф.И.О.  тренера | Отделение | Группа | Понедельник | Вторник | Среда | Четверг | Пятница | Суббота | Воскресенье |
| 1. 1 | Балбеков А.В. | Дзюдо | ССМ | 18-19.45 | 18-19.45 | 7.00-7.45  18-19.00 | 18-19.45 | 18-19.45 | 18-19.45 |  |
| НП-4 НП -3 | 16.00-17.10 |  | 16.00-17.10 |  | 16.00-17.05 |  |  |
| НП-1 | 14.30-15.15 |  | 14.30-15.15 |  | 14.30-15.15 |  |  |
| СО |  | 16.00-17.30 |  | 16.00-17.30 |  | 16.00-17.30 |  |
| 1. 3 | Меренков В. В. | Дзюдо | ССМ | 6.45-7.30  19.15-21.15 | 6.45-7.30  19.15-21.00 | 6.45-7.30  19.15-21.15 | 6.45-7.30  19.15-21.00 | 6.45-7.30  19.15-21.15 | 6.45-7.30  19.15-21.00 |  |
| 1. 4 | Балбеков С.В. | Дзюдо | ССМ | 17.00-18.45 | 17.00-18.45 | 7.00-7.45  17.00-18.00 | 17.00-18.45 | 17.00-18.45 | 17.00-18.45 |  |
| ССМ | 19.00-20.45 | 19.00-20.45 | 19.00-20.45 | 19.00-20.45 | 19.00-20.45 | 7.00-7.45  19.00-20.00 |  |
| НП-3 |  | 15.00-16.10 |  | 15.00-16.10 |  | 15.00-16.05 |  |
| СО | 15.00-16.30 |  | 15.00-16.30 |  | 15.00-16.30 |  |  |
| 1. 5 | Савчишкин К.В. | Дзюдо | Т-5 Т-4 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 |  |
| Т-2 | 17.30-19.00 | 17.30-19.00 |  | 17.30-19.00 | 17.30-19.00 |  |  |
| НП-2 | 16.00-17.10 |  | 16.00-17.10 |  | 16.00-17.05 |  |  |
| НП-1 |  | 16.30-17.15 |  | 16.30-17.15 |  | 16.30-17.15 |  |
| Самбо | ССМ | 7.15-8.00  19.15-20-45 | 7.15-8.00  19.15-20-45 | 7.15-8.00  19.15-20-45 | 7.15-8.00  19.15-20-45 | 7.15-8.00  19.15-20-45 | 7.15-8.00  19.15-20-45 |  |
| 1. 6 | Поздняков О.А. | Дзюдо | Т-5 | 18.00-19.30 | 18.00-19.30 | 18.00-19.30 | 18.00-19.30 | 18.00-19.30 | 18.00-19.30 |  |
| Т-1 | 18.00-19.15 |  | 18.00-19.00 | 18.00-19.15 | 18.00-19.00 |  |  |
| НП-3 | 16.15-17.25 |  | 16.15-17.25 |  | 16.15-17.20 |  |  |
| НП-1 | 15.15-16.00 |  | 15.15-16.00 |  | 15.15-16.00 |  |  |
| 1. 7 | Тошин П.В. | Дзюдо | ССМ | 18.00-19.30 | 18.00-19.30 | 7.00-7.45  18.00-19.30 | 18.00-19.30 | 18.00-19.30 | 7.00-7.45  18.00-19.30 |  |
| Т-4 | 9.20-10.50 | 9.25-10.55 | 18.00-19.30 | 9.20-10.50 | 9.25-10.55 | 18.00-19.30 |  |
| Т-2 | 9.20-10.50 | 9.25-10.55 |  | 9.20-10.50 | 9.25-10.55 |  |  |
| НП-3 | 8.00-9.05 |  | 8.00-9.10 |  | 8.00-9.10 |  |  |
| НП-2 | 15.55-17.00 |  | 15.50-17.00 |  |  | 15.50-17.00 |  |
| 1. 8 | Тошина Н. А. | Дзюдо | ССМ | 18.00-19.30 | 18.00-19.30 | 7.00-7.45  18.00-19.30 | 18.00-19.30 | 18.00-19.30 | 7.00-7.45  18.00-19.30 |  |
| НП - 4 |  | 8.00-9.10 |  | 8.00-9.05 |  | 8.00-9.10 |  |
| Самбо | НП-1 | 14.10-15.40 |  | 14.10-15.40 |  |  | 14.10-15.40 |  |
| 1. 9 | Балбеков П. А. | Дзюдо | Т-4 | 16.15-17.45 | 16.15-17.45 | 16.15-17.45 | 16.15-17.45 | 16.15-17.45 | 16.15-17.45 |  |
| Т-2 | 14.30-16.00 | 14.30-16.00 |  | 14.30-16.00 | 14.30-16.00 |  |  |
| Т-1 | 18.00-19.30 | 18.00-18.45 |  | 18.00-19.30 | 18.00-18.45 |  |  |
| НП - 4 |  | 8.30-9.40 |  | 8.30-9.40 |  | 8.30-9.35 |  |
| НП -3 | 10.00-11.10 |  | 10.00-11.10 |  | 10.00-11.05 |  |  |
| НП-2 | 8.30-9.40 |  | 8.30-9.40 |  | 8.30-9.35 |  |  |
| НП-1 |  | 19.00-19.45 | 19.00-19.45 |  | 19.00-19.45 |  |  |
| 1. 10 | Попов С. О. | Дзюдо | ССМ | 19.15-20-45 | 19.15-20-45 | 7.00-7.45  19.15-20-45 | 19.15-20-45 | 19.15-20-45 | 7.00-7.45  19.15-20-45 |  |
| Т-4 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 |  |
| Т-3 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 |  |  |
| Т-2 | 17.30-19.00 |  |  | 17.30-19.00 | 17.30-19.00 | 17.30-19.00 |  |
| Т-1 | 16.00-17.15 | 16.00-17.15 |  | 16.00-17.15 | 16.00-17.15 |  |  |
| НП -4 НП-3  НП-2 | 14.30-15.40 |  | 14.30-15.40 |  | 14.30-15.35 |  |  |
| НП-1 |  | 14.30-15.15 |  | 14.30-15.15 |  | 14.30-15.15 |  |
| 1. 11 | Рыжков Д. Р. | Дзюдо | НП -2 | 17.30-18.40 |  | 17.30-18.40 |  | 17.30-18.35 |  |  |
| НП-2 |  | 17.30-18.40 |  | 17.30-18.40 |  | 17.30-18.35 |  |
|  |  |  |  |  |  |  |  |
| 1. 12 | Новиков И. В. | Гиревой спорт | ССМ | 7.00-7.45  15.00-16.45 | 7.00-7.45  15.00-16.45 | 7.00-7.45  15.00-16.45 | 7.00-7.45  15.00-16.45 | 7.00-7.45  15.00-16.45 | 7.00-7.45  15.00-16.45 |  |
| ССМ | 6.15-7.00  17.00-18.45 | 6.15-7.00  17.00-18.45 | 6.15-7.00  17.00-18.45 | 6.15-7.00  17.00-18.45 | 6.15-7.00  17.00-18.45 | 6.15-7.00  17.00-18.45 |  |
| 1. 13 | Кравцов А.Ю. | Гиревой спорт | Т-2 |  | 18.15-19.45 | 18.30-20.00 | 18.15-19.45 | 18.30-20.00 | 18.00-19.30 |  |
|  |  |  |  |  |  |  |  |
| Т-1 |  | 16.30-18.00 | 16.45-18.15 | 16.30-18.00 | 16.45-18.15 | 16.15-17.45 |  |
| НП-2 |  |  | 15.00-16.30 |  | 15.00-16.30 |  | 15.00-16.30 |
| СО |  | 14.45-16.15 |  | 14.45-16.15 |  | 14.30-16.00 |  |
| 1. 14 | Новиков В. И. | Тяжёлая атлетика | ССМ | 6.15-7.00  19.15-20-45 | 6.15-7.00  18.30-20.00 | 6.15-7.00  19.15-20-45 | 6.15-7.00  18.30-20.00 | 6.15-7.00  19.15-20-45 | 6.15-7.00  18.30-20.00 |  |
| Т-5 Т-4 | 16.45-19.00 | 16.45-18.15 | 16.45-19.00 | 16.45-18.15 | 16.45-19.00 | 16.45-18.15 |  |
| НП-2 | 15.00-16.30 |  | 15.00-16.30 |  | 15.00-16.30 | 15.00-16.30 |  |
| 1. 15 | Ларина Н. С. | Самбо | Т-2 | 15.00-16.30 | 15.00-16.30 | 15.00-16.30 | 15.00-16.30 | 15.00-16.30 | 15.00-16.30 |  |
| 1. 16 | Шахов А. А. | Самбо | СО |  | 14.20-15.50 |  | 14.20-15.50 | 14.20-15.50 |  |  |
| СО |  | 16.00-17.30 |  | 16.00-17.30 | 16.00-17.30 |  |  |