|  |
| --- |
| **SOFIA UNIVERSITY “ST. KLIMENT OHRIDSKI”****DEPARTMENT OF SPORT** |
| **SHEDULE** |
| **ATHLETICS and GROUP CONDITIONING WORKOUTS****Academic year 2025/2026 – winter semester****Assoc. prof. Ivanka Karparova, PhD** |
| **Tuesday** |  | **13.00 – 14.30****Athletics****„V. Levski“ National Stadium** |  |
| **Thursday** |  | **14.00 – 15.30****Group conditioning workouts** | **15.30 – 17.00** **Group conditioning workouts** |
| **Friday** | **10.30 – 12.00****Athletics****„V. Levski“ National Stadium** | **13.00 – 14.30****Athletics****„V. Levski“ National Stadium** **(\*The class is only for students from the FVS of FNOI)** | **14.30 – 16.00****Athletics****„V. Levski“ National Stadium** |
| Athletics sessions are held at the “V. Levski” National Stadium (indoor track in winter). Group conditioning workouts are held in the hall in block 8, Student Town. Students who want to join the athletics representative team or are athletes should contact the lecturer by email: inkostova@uni-sofia.bg

|  |  |  |
| --- | --- | --- |
| **Reception hours** | **Rectorate** | **Base (Block 8)** |
| Assoc. prof. Ivanka Karparova, PhD | Tuesday: 11.45 - 12.45 | Thursday: 13.00 -14.00 |

 Director of the Department of Sport: Prof. Boryana Tumanova, PhD |  |