**SOFIA UNIVERSITY “ST. KLIMENT OHRIDSKI”**

**DEPARTMENT OF SPORT**

**SHEDULE - Academic year 2025/2026 – winter semester**

**Pilates, Circuit training, Таbata,** **Majorette disciplines team and Aerobics**

**Full-time lecturers: Chief. assist. Nikoleta Angelova, PhD**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **10:30-12:00** | **12:00-13:30** | **15:00-18:00** | **14:30 -16:00** | **16:00-17:30** | **19:00-20:30** |  |
|  |  | **Pilates** | **Circuit training** |  |  |  |  |  |
|  | **Monday** |  |  |  |  |  |  |  |
|  | **Nikoleta Angelova** | **Nikoleta Angelova** |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **Majorette disciplines team and Aerobics** |  |
|  | **Tuesday** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **Nikoleta Angelova** |  |
|  | **Wednesday** | **Pilates** | **Circuit training** |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  | **Nikoleta Angelova** | **Nikoleta Angelova** |  |  |  |  |  |
|  | **Thursday** | **Tabata** | **Tabata** |  |  |  | **Majorette disciplines team and Aerobics** |  |
|  |  |  |  |  |  |  |  |  |
|  |  | **Nikoleta Angelova** | **Nikoleta Angelova** |  |  |  | **Nikoleta Angelova** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Friday** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Venue: Student City, Block 8 Facebook group- SU – Aerobics, Callanetics, Pilates, Circuit training - 2025/2026**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Reception hours** | **Rectorate** |  | **Base (Student City, Block 8)** |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | **Chief. Assist. Nikoleta Angelova** | **Friday** | | **Thursday** |  |
|  |  |  |  |  |
|  | **10:00 -11:00** |  | **12:00-13:00** |  |
|  |  |  |  |
|  |  |  |  |  |  |

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