

**BUW-1 (UNIVERSITY OF WARSAW LIBRARY) Dobra 56/66 street**  
**ACTIVITIES FOR ALL STUDENTS AND UNIVERSITY EMPLOYEES**

SEPTEMBER 2023

| DATE  |           |             | TEACHER                   | ACTIVITIES          | PLACE | ROOM |
|-------|-----------|-------------|---------------------------|---------------------|-------|------|
| 4-09  | MONDAY    | 16.30-18.30 | <i>Sambierski</i>         | BODY BUILDING       | BUW-1 | s. 1 |
| 4-09  | MONDAY    | 16.30-18.00 | <i>Tarnachowicz-Kilic</i> | AEROBIC             | BUW-1 | s. 7 |
| 5-09  | TUESDAY   | 16.30-18.30 | <i>Gordon</i>             | BODY BUILDING       | BUW-1 | s. 1 |
| 5-09  | TUESDAY   | 18.30-20.00 | <i>Koćmierowska</i>       | STRETCHING          | BUW-1 | s. 3 |
| 6-09  | WEDNESDAY | 18.00-20.00 | <i>Krzemiński</i>         | BODY BUILDING       | BUW-1 | s. 1 |
| 6-09  | WEDNESDAY | 16.00-18.00 | <i>Witkiewicz</i>         | BODY BUILDING       | BUW-1 | s. 1 |
| 7-09  | THURSDAY  | 16.00-18.00 | <i>Mandes</i>             | BODY BUILDING       | BUW-1 | s. 1 |
| 7-09  | THURSDAY  | 18.00-20.00 | <i>Polkowski</i>          | BODY BUILDING       | BUW-1 | s. 1 |
| 7-09  | THURSDAY  | 16.30-18.00 | <i>Tarnachowicz-Kilic</i> | LATINO BODY SHAPE   | BUW-1 | s. 7 |
| 11-09 | MONDAY    | 16.00-18.00 | <i>Karpińska</i>          | BODY BUILDING       | BUW-1 | s. 1 |
| 11-09 | MONDAY    | 12.00-13.30 | <i>Klimkowski</i>         | TABLE TENNIS        | BUW-1 | s. 5 |
| 11-09 | MONDAY    | 10.00-12.00 | <i>Piekarek</i>           | BODY BUILDING       | BUW-1 | s. 1 |
| 11-09 | MONDAY    | 16.30-18.00 | <i>Powskińska</i>         | BODY SHAPE          | BUW-1 | s. 2 |
| 11-09 | MONDAY    | 18.00-20.00 | <i>Sambierski</i>         | BODY BUILDING       | BUW-1 | s. 1 |
| 12-09 | TUESDAY   | 18.00-19.30 | <i>Bliszczyk</i>          | CROSS TRAINING      | BUW-1 | s. 4 |
| 12-09 | TUESDAY   | 14.30-16.30 | <i>Hakuba</i>             | BODY BUILDING       | BUW-1 | s. 1 |
| 12-09 | TUESDAY   | 16.30-18.00 | <i>Powskińska</i>         | BODY SHAPE          | BUW-1 | s. 2 |
| 12-09 | TUESDAY   | 16.30-18.30 | <i>Szmytke</i>            | BODY BUILDING       | BUW-1 | s. 1 |
| 13-09 | WEDNESDAY | 17.30-19.00 | <i>Bliszczyk</i>          | CROSS TRAINING      | BUW-1 | s. 4 |
| 13-09 | WEDNESDAY | 17.00-19.00 | <i>Szmytke</i>            | BODY BUILDING       | BUW-1 | s. 1 |
| 14-09 | THURSDAY  | 18.00-20.00 | <i>Hakuba</i>             | BODY BUILDING       | BUW-1 | s. 1 |
| 14-09 | THURSDAY  | 16.00-17.30 | <i>Polkowski</i>          | FUNCTIONAL TRAINING | BUW-1 | s. 4 |
| 14-09 | THURSDAY  | 17.30-19.00 | <i>Tarnachowicz-Kilic</i> | AEROBIC             | BUW-1 | s. 7 |
| 14-09 | THURSDAY  | 16.00-18.00 | <i>Witkiewicz</i>         | BODY BUILDING       | BUW-1 | s. 1 |
| 15-09 | FRIDAY    | 12.00-13.30 | <i>Klimkowski</i>         | TABLE TENNIS        | BUW-1 | s. 5 |

|       |           |             |                     |                     |       |      |
|-------|-----------|-------------|---------------------|---------------------|-------|------|
| 15-09 | FRIDAY    | 10.00-12.00 | <i>Piekarek</i>     | BODY BUILDING       | BUW-1 | s. 1 |
| 18-09 | MONDAY    | 16.00-18.00 | <i>Karpińska</i>    | BODY BUILDING       | BUW-1 | s. 1 |
| 18-09 | MONDAY    | 12.00-13.30 | <i>Kozioł</i>       | STRETCHING          | BUW-1 | s. 7 |
| 18-09 | MONDAY    | 10.00-12.00 | <i>Piętka</i>       | BODY BUILDING       | BUW-1 | s. 1 |
| 18-09 | MONDAY    | 18.00-20.00 | <i>Tarnowska</i>    | BODY BUILDING       | BUW-1 | s. 1 |
| 19-09 | TUESDAY   | 18.00-19.30 | <i>Koćmierowska</i> | STRETCHING          | BUW-1 | s. 3 |
| 19-09 | TUESDAY   | 16.30-18.00 | <i>Powsińska</i>    | BODY SHAPE          | BUW-1 | s. 2 |
| 19-09 | TUESDAY   | 16.30-18.30 | <i>Szmytke</i>      | BODY BUILDING       | BUW-1 | s. 1 |
| 20-09 | WEDNESDAY | 18.00-20.00 | <i>Kieller</i>      | BODY BUILDING       | BUW-1 | s. 1 |
| 20-09 | WEDNESDAY | 12.00-13.30 | <i>Kozioł</i>       | STRETCHING          | BUW-1 | s. 7 |
| 20-09 | WEDNESDAY | 16.00-18.00 | <i>Piekarska</i>    | BODY BUILDING       | BUW-1 | s. 1 |
| 20-09 | WEDNESDAY | 10.00-12.00 | <i>Szmytke</i>      | BODY BUILDING       | BUW-1 | s. 1 |
| 21-09 | THURSDAY  | 16.00-17.30 | <i>Kieller</i>      | HEALTHY SPINE       | BUW-1 | s. 2 |
| 21-09 | THURSDAY  | 17.00-18.30 | <i>Polkowski</i>    | FUNKCIONAL TRAINING | BUW-1 | s. 4 |
| 21-09 | THURSDAY  | 17.00-19.00 | <i>Witkiewicz</i>   | BODY BUILDING       | BUW-1 | s. 1 |
| 22-09 | FRIDAY    | 16.30-18.30 | <i>Gordon</i>       | BODY BUILDING       | BUW-1 | s. 1 |
| 22-09 | FRIDAY    | 12.00-13.30 | <i>Piętka</i>       | HEALTHY SPINE       | BUW-1 | s. 7 |
| 23-09 | SATURDAY  | 10.30-12.30 | <i>Mandes</i>       | BODY BUILDING       | BUW-1 | s. 1 |
| 25-09 | MONDAY    | 17.00-18.30 | <i>Grzesiak</i>     | YOGA                | BUW-1 | s. 3 |
| 25-09 | MONDAY    | 12.00-13.30 | <i>Kozioł</i>       | STRETCHING          | BUW-1 | s. 7 |
| 25-09 | MONDAY    | 18.00-20.00 | <i>Mandes</i>       | BODY BUILDING       | BUW-1 | s. 1 |
| 25-09 | MONDAY    | 16.00-18.00 | <i>Morończyk</i>    | BODY BUILDING       | BUW-1 | s. 1 |
| 25-09 | MONDAY    | 10.00-12.00 | <i>Piętka</i>       | BODY BUILDING       | BUW-1 | s. 1 |
| 26-09 | TUESDAY   | 16.30-18.00 | <i>Karpińska</i>    | HEALTHY SPINE       | BUW-1 | s. 2 |
| 26-09 | TUESDAY   | 14.30-16.30 | <i>Morończyk</i>    | BODY BUILDING       | BUW-1 | s. 1 |
| 26-09 | TUESDAY   | 16.30-18.30 | <i>Piekarek</i>     | BODY BUILDING       | BUW-1 | s. 1 |
| 26-09 | TUESDAY   | 18.00-19.30 | <i>Świątek</i>      | BALROOM DANCING     | BUW-1 | s. 7 |
| 27-09 | WEDNESDAY | 17.00-18.30 | <i>Bliszczyk</i>    | BODY BUILDING       | BUW-1 | s. 1 |
| 27-09 | WEDNESDAY | 16.00-17.30 | <i>Kieller</i>      | HEALTHY SPINE       | BUW-1 | s. 3 |
| 27-09 | WEDNESDAY | 12.00-13.30 | <i>Kozioł</i>       | STRETCHING          | BUW-1 | s. 7 |

|       |           |             |                   |                 |       |      |
|-------|-----------|-------------|-------------------|-----------------|-------|------|
| 27-09 | WEDNESDAY | 10.00-12.00 | <i>Piątka</i>     | BODY BUILDING   | BUW-1 | s. 1 |
| 27-09 | WEDNESDAY | 17.00-18.30 | <i>Świątek</i>    | BALROOM DANCING | BUW-1 | s. 7 |
| 28-09 | THURSDAY  | 16.30-18.00 | <i>Grzesiak</i>   | YOGA            | BUW-1 | s. 2 |
| 28-09 | THURSDAY  | 16.00-17.30 | <i>Hakuba</i>     | TABLE TENNIS    | BUW-1 | s. 5 |
| 28-09 | THURSDAY  | 18.00-20.00 | <i>Piekarska</i>  | BODY BUILDING   | BUW-1 | s. 1 |
| 29-09 | FRIDAY    | 17.00-19.00 | <i>Krzemiński</i> | BODY BUILDING   | BUW-1 | s. 1 |
| 29-09 | FRIDAY    | 10.00-12.00 | <i>Piekarska</i>  | BODY BUILDING   | BUW-1 | s. 1 |