

## STADIONA "ESPLANĀDE" NOSLOGOJUMS

**13.05. – 01.06.**

<b>PIRMDIENA</b>		
<b>Laiks</b>	<b>Treniņu grupa</b>	<b>Treneri</b>
11:00 – 12:00 (25.05.)	2010 (2.gr.)/MT-3	G.Čižovs
13:00 – 14:10	2011/MT-2	I.Maksimčuks/A.Ivanovs
14:30 – 15:40	2011/MT-2	I.Maksimčuks/A.Ivanovs
16:00 – 17:10	2008/MT-5	J.Maksimčuks
17:30 – 18:40	2007/MT-6	J.Bovins
19:00 – 21:00	Meitenes/ASM	D.Sarafaņuks/V.Vengreviča
<b>OTRDIENA</b>		
13:40 – 14:50 (no 19.05.)	2010/MT-3	J.Maksimčuks/D.Kozlovs
15:10 – 16:20 (no 19.05.)	2009/MT-4	I.Maksimčuks/A.Ivanovs
16:40 – 17:50 (no 19.05.)	2009/MT-4	I.Maksimčuks/A.Ivanovs
18:10 – 19:10 (no 19.05.)	2012/MT-1	Ē.Stankevičs
19:30 – 20:40 (no 19.05.)	2012/MT-1	Ē.Stankevičs
21:00 – 22:10 (no 19.05.)	2007/2008	J.Bovins
<b>TREŠDIENA</b>		
11:00 – 12:00 (13.,20.05.)	2010/MT-3	G.Čižovs
14:00 – 15:10	2010/MT-3	J.Maksimčuks/D.Kozlovs
15:30 – 16:40	2008/MT-5	J.Maksimčuks
17:00 – 18:10	2009/MT-4	I.Caune
18:30 – 19:40	2007/MT-6	J.Bovins
20:00 – 21:10	2007/2008	J.Bovins
<b>CETURTDIENA</b>		
11:00 – 12:00 (21., 28.05.)	2010 (2.gr.)/MT-3	G.Čižovs
13:00 – 14:10	2011/MT-2	I.Maksimčuks/A.Ivanovs
14:30 – 15:40	2011/MT-2	I.Maksimčuks/A.Ivanovs
16:00 – 17:10	2012/MT-1	Ē.Stankevičs
17:30 – 18:40	2012/MT-1	Ē.Stankevičs
19:00 – 20:10	Meitenes/ASM	D.Sarafaņuks/V.Vengreviča
20:30 – 21:40	Meitenes/ASM	D.Sarafaņuks/V.Vengreviča

<b>PIEKTDIENA</b>		
13:30 – 14:40	2010/MT-3	J.Maksimčuks/D.Kozlovs
15:00 – 16:10	2008/MT-5	J.Maksimčuks/E.Bovins
16:30 – 17:40	2009/MT-4	I.Maksimčuks/A.Ivanovs
18:00 – 19:10	2009/MT-4	I.Maksimčuks/A.Ivanovs
19:30 – 20:40	2007/MT-6	J.Bovins
<b>SESTDIENA</b>		
9:30 – 10:40	2010/MT-3	J.Maksimčuks/D.Kozlovs
11:00 – 12:10	2008/MT-5	J.Maksimčuks/E.Bovins
12:30 – 13:40 (16.05.)	2010 (2.gr.)/MT-3	G.Čižovs
14:00 – 15:10	Meitenes	D.Sarafaņuks/V.Vengreviča
15:30 – 16:40	2007/MT-6	J.Bovins
17:00 – 18:10	2007-2008	J.Bovins
18:30 – 19:40	2007-2008	J.Bovins
<b>SVĒTDIENA</b>		
9:30 – 10:30	2011/MT-2	A.Ivanovs/I.Maksimčuks
10:50 – 11:50	2011/MT-2	A.Ivanovs/I.Maksimčuks
12:10 – 13:10	2012/MT-1	Ē.Stankevičs
13:30 – 14:30	2012/MT-1	Ē.Stankevičs
14:50 – 15:50	2007-2008	J.Bovins
16:10 – 17:10	2007-2008	J.Bovins
17:30 – 18:30		
18:50 – 19:50		

## STADIONA "CELTNIEKS" NOSLOGOJUMS

**12.05. – 01.06.**

<b>PIRMDIENA</b>		
<b>Laiks</b>	<b>Treniņu grupa</b>	<b>Treneri</b>
11:00 – 13:00 (no 18.05.)	ASM	J.Sokolovs/V.Žavoronkovs
15:00 – 16:10	2006/MT-7	K.Kurbatovs/D.Kozlovs
16:30 – 17:40	2004/SMP-2	V.Žavoronkovs/A.Vorotinskis
18:00 – 19:10	2001/2003 (Aerobika)/SMP-3	J.Sokolovs/V.Afanasjevs
19:30 – 21:00	ASM	J.Sokolovs/V.Žavoronkovs
<b>OTRDIENA</b>		
11:00 – 13:00 (no 19.05.)	ASM	J.Sokolovs/V.Žavoronkovs
15:00 – 16:10 (no 19.05.)	2006/MT-7	K.Kurbatovs/D.Kozlovs
16:30 – 17:40 (no 19.05.)	2005/SMP-1	A.Opekunovs/S.Pogodins
18:00 – 19:10 (no 19.05.)	2001/2003/SMP-3	J.Sokolovs/V.Afanasjevs
19:30 – 21:00	ASM	V.Žavoronkovs/J.Sokolovs
<b>TREŠDIENA</b>		
11:00 – 13:00 (no 20.05.)	ASM	J.Sokolovs/V.Žavoronkovs
15:00 – 16:10	2006/M-7	K.Kurbatovs/D.Kozlovs
16:30 – 17:40	2005/SMP-1	A.Opekunovs/S.Pogodins
18:00 – 19:10	2004/SMP-2	V.Žavoronkovs/A.Vorotinskis
19:30 – 21:00	ASM	J.Sokolovs/V.Žavoronkovs/V.Afanasjevs
<b>CETURTDIENA</b>		
11:00 – 12:00 (no 21.05.)	ASM (Aerobika)	J.Sokolovs/V.Žavoronkovs
15:00 – 16:10	2006/MT-7	K.Kurbatovs/D.Kozlovs
16:30 – 17:40	2004 (Aerobika)/SMP-2	V.Žavoronkovs/A.Vorotinskis
18:00 – 19:10	2005 (Aerobika)/SMP-1	A.Opekunovs/S.Pogodins
19:30 – 21:00	ASM	V.Žavoronkovs/J.Sokolovs
<b>PIEKTDIENA</b>		
11:00 – 13:00 (no 22.05.)	ASM	J.Sokolovs/V.Žavoronkovs
15:00 – 16:10	2006/MT-7	K.Kurbatovs/D.Kozlovs

16:30 – 17:40	2004/SMP-2	V.Žavoronkovs/A.Vorotinskis
18:00 – 19:10	2001/2003/SMP-3	J.Sokolovs/V.Afanasjevs
19:30 – 21:00	ASM	J.Sokolovs/V.Žavoronkovs
<b>SESTDIENA</b>		
9:30 – 10:40	2005/SMP-1	A.Opekunovs/S.Pogodins
11:00 – 12:10	2004/SMP-2	V.Žavoronkovs/A.Vorotinskis
12:30 – 13:40	2001/2003/SMP-3	J.Sokolovs/V.Žavoronkovs
13:40 – 14:50	ASM	V.Žavoronkovs/J.Sokolovs
15:10 – 16:20	Vārtsargu treniņš/2009	V.Dusmanovs/V.Fjodorovs/I.Caune
16:30 – 17:40	Vārtsargu treniņš/2009	V.Dusmanovs/V.Fjodorovs/I.Caune
<b>SVĒTDIENA</b>		
9:30 – 10:30	Vārtsargu treniņš/2009	V.Dusmanovs/V.Fjodorovs/V.Kaļiņins/I.Caune
10:50 – 11:50	Vārtsargu treniņš/2009	V.Dusmanovs/V.Fjodorovs/V.Kaļiņins/I.Caune
12:10 – 13:10		
13:30 – 14:30		
14:50 – 15:50		
16:10 – 17:10		
17:30 – 18:30		