



Ludzas novada pašvaldība
Ludzas novada Sporta skola
Reģ. Nr.4271902158

P. Miglinika ielā 27-a, Ludzā, LV 5701, e-pasts: sports@ludzasnovads.lv

Sporta skolas direktore

APSTIPRINU
E.Fjodorova
01.09.2023

**Ludzas novada Sporta skolas
2023./2024.mācību gada
NODARBĪBU SARAKSTS**

	Grupa	Treneris	Pirmdiena	Otrdiena	Trešdiena	Ceturtdiena	Piektdiena	Sestdiena	Svētdiena
v/a	SMP-2 20st. Kārsava	A. Volajs J. Silicka	16.40-18.40 ⁽³⁾	16.40-18.40 ⁽³⁾	16.40-18.40 ⁽³⁾	16.10-18.10 ⁽³⁾	16.40-18.40 ⁽³⁾	08.00-10.00 ⁽³⁾	8.00-8.40 ⁽¹⁾ 8.40-9.20 ⁽¹⁾
v/a	MT-6 10st. Zilupe 7.st.	A.Segals V. Rimšs	15.20-17.20 ⁽³⁾	16.20-18.20 ⁽³⁾	16.20-18.20 ⁽³⁾	16.20-17.40 ⁽²⁾	15.20-17.20 ⁽²⁾	13.20-14.40 ⁽²⁾ 12.00-13.20 ⁽²⁾	
v/a	MT-5 15st.	A.Vengra	16.30-18.30 ⁽³⁾ manēža	16.30-18.00 ⁽³⁾ manēža	16.00-18.00 ⁽³⁾ manēža		16.30-18.30 ⁽³⁾ manēža	12.20-14.20 ⁽³⁾ manēža	
v/a	MT-4 11st. Zilupe 2.st.	A.Segals V. Rimšs	14.00-15.20 ⁽²⁾	15.00-16.20 ⁽²⁾	15.00-16.20 ⁽²⁾	15.00-16.20 ⁽²⁾	14.00-16.00 ⁽³⁾	10.40-12.00 ⁽²⁾	
v/a	MT- 4 6.st. Kārsava 7.st.	J. Silicka A. Volajs	15.20-16.40 ⁽²⁾	15.20-16.40 ⁽²⁾	15.20-16.40 ⁽²⁾	14.50-16.10 ⁽²⁾	15.20-16.40 ⁽²⁾	10.00-11.20 ⁽²⁾ 11.00-12.00 ⁽¹⁾	
v/a	MT-2 9st. Zilupe	A. Segals		13.00-15.00 ⁽³⁾	13.00-15.00 ⁽³⁾	13.00-15.00 ⁽³⁾			
v/a	MT-2 Kārsava 9. st.	A.Volajs	14.00-15.20 ⁽²⁾	14.00-15.20 ⁽²⁾	14.00-15.20 ⁽²⁾	14.00-14.40 ⁽¹⁾	14.00-15.20 ⁽²⁾		

v/a	MT-2 9st.	A. Vengra	14.30-16.30 ⁽³⁾ manēža	14.30-15.50 ⁽²⁾ manēža		14.30-15.50 ⁽²⁾ manēža		11.00-12.20 ⁽²⁾ manēža	
v/a	SSG 6 st.	A.Vengra			14.00-16.00 ⁽³⁾ manēža			9.00-11.00 ⁽³⁾ manēža	
h/b	SMP-3 21 st.	M. Cibuļskis	16.00-18.00 ⁽³⁾ manēža	16.00-18.00 ⁽³⁾ Sporta zāle	15.00-17.00 ⁽³⁾ halle	16.00-18.00 ⁽³⁾ halle	16.00-18.00 ⁽³⁾ halle	13.00-15.00 ⁽³⁾ halle	11.00-13.00 ⁽³⁾ Sporta zāle
h/b	SMP-3 21st.	A.Gendelis	17.00-19.00 ⁽³⁾ manēža	17.00-19.00 ⁽³⁾ halle	17.00-19.00 ⁽³⁾ Sporta zāle	17.00-19.00 ⁽³⁾ halle	16.00-18.00 ⁽³⁾ halle	12.00-14.00 ⁽³⁾ halle	10.00-12.00 ⁽³⁾ halle
h/b	SMP-3 20 st.	G. Dalibo	17.00-19.00 ⁽³⁾ manēža	17.00-19.00 ⁽³⁾ halle	17.00-19.00 ⁽³⁾ Sporta zāle	17.00-19.00 ⁽³⁾ halle	16.00-18.00 ⁽³⁾ halle	11.20-13.20 ⁽³⁾ halle	10.00-11.20 ⁽³⁾ halle
h/b	SMP-2 15st 5st	A. Sidorova A. Gendelis	17.00-19.00 ⁽³⁾ halle	17.00-19.00 ⁽³⁾ halle	17.40-19.40 ⁽³⁾ halle	17.00-19.00 ⁽³⁾ halle	18.00-19.20 ⁽²⁾ halle	12.00-14.00 ⁽³⁾ halle	12.00-14.00 ⁽³⁾ halle
h/b	SMP-1 13st. 7st.	M. Cibuļskis <i>E. Fjodorova</i>	18.00-20.00 ⁽³⁾ manēža	18.00-19.20 ⁽²⁾ halle	17.00-19.00 ⁽³⁾ manēža	18.00-19.20 ⁽²⁾ halle	18.00-20.00 ⁽³⁾ halle	10.00-12.40 halle ⁽⁴⁾	10.00-12.00 ⁽³⁾ halle
h/b	SMP-1 13st. 7st.	A.Borisovs <i>A. Gendelis</i>	16.30-18.30 ⁽³⁾ manēža	19.00-20.20 ⁽²⁾ halle	17.00-19.00 ⁽³⁾ Sporta zāle	16.30-18.30 ⁽³⁾ halle	17.00-18.20 ⁽²⁾ halle	14.00-16.00 ⁽³⁾ halle	12.00-14.00 ⁽⁴⁾ halle
h/b	MT-7 17st 2st.	A.Puncule <i>A. Vengra</i>	16.00-18.00 ⁽³⁾ halle	17.00-18.20 ⁽²⁾ manēža	14.00-16.00 ⁽³⁾ halle	16.00-18.00 ⁽³⁾ Halle	16.00-18.00 ⁽³⁾ Sporta zāle	14.00-16.40 ⁽⁴⁾ halle	
h/b	MT-7 19st.	R. Muiženika	18.00-20.00 ⁽³⁾ halle	17.00-19.00 ⁽³⁾ manēža	17.00-19.00 ⁽³⁾ halle	17.20-19.20 ⁽³⁾ halle	18.00-20.00 ⁽³⁾ Sporta zāle	09.00-11.40 ⁽⁴⁾ halle	

h/b	MT-6 15st. 2st.	R. Muiženika <i>A.Vengra</i>	16.00-18.00 ⁽³⁾ halle	16.30-17.50 ⁽²⁾ <i>manēža</i>	15.00-17.00 ⁽³⁾ halle	16.00-17.20 ⁽²⁾ halle	16.00-18.00 ⁽³⁾ Sporta zāle		9.00- 11.40 halle ⁽⁴⁾
h/b	MT-6 17st.	A. Narnickis	15.00-16.20 ⁽²⁾ Sporta zāle	17.00-19.00 ⁽³⁾ Sporta zāle	16.00-18.00 ⁽³⁾ Sporta zāle	15.00-17.00 ⁽³⁾ manēža	15.00-17.00 ⁽³⁾ halle	9.00-11.00 ⁽³⁾ Sporta zāle	
h/b	MT-5 15st.	A.Borisovs	15.00-16.20 ⁽²⁾ Sporta zāle	17.00-19.00 ⁽³⁾ manēža	15.30-16.50 ⁽²⁾ halle	15.00-16.20 ⁽²⁾ halle	15.00-17.00 ⁽³⁾ Sporta zāle	11.20-13.20 ⁽³⁾ halle	
h/b	MT-4 9st. 4st.	A.Sidorova <i>K. Klementjeva</i>	15.20-16.40 ⁽²⁾ halle	15.00-17.00 ⁽³⁾ halle	15.20-16.40 ⁽²⁾ Sporta zāle	15.20-16.40 ⁽²⁾ halle	15.00-16.20 ⁽²⁾ <i>halle</i>	9.00-10.20 ⁽²⁾ <i>Sporta zāle</i>	
h/b	MT-4 13 st.	K. Klementjeva	17.00-18.20 ⁽²⁾	15.00-17.00 ⁽³⁾ Sporta zāle	16.10-17.30 ⁽²⁾ Sporta zāle		15.00-17.00 ⁽³⁾ Sporta zāle	12.40-14.40 ⁽³⁾ Sporta zāle	
h/b	MT-3 8st. 3st.	A.Sidorova <i>D. Žulins</i>	14.00-15.20 ⁽²⁾ Sporta zāle		15.00-16.20 ⁽³⁾ halle	14.00-15.20 ⁽²⁾ Sporta zāle	14.30-15.50 ⁽²⁾ Sporta zāle	11.00-13.00 ⁽³⁾ <i>Sporta zāle</i>	
h/b	MT-3 11st.	G. Dalibo	14.00-16.00 ⁽³⁾		14.00-16.00 ⁽³⁾ manēža		14.00-16.00 ⁽³⁾ halle	10.00-11.20 ⁽²⁾ Sporta skola	
h/b	MT-2 9st.	K. Klementjeva	15.40-17.00 ⁽²⁾ Sporta zāle			16.00-17.20 manēža	13.00-14.20 Sporta zāle	10.30-12.20 Sporta zāle	
h/b	MT-1 8st.	K. Klementjeva	14.20-15.40 ⁽²⁾ Sporta zāle	13.30-14.50 ⁽²⁾ Sporta zāle	13.30-14.50 ⁽²⁾ manēža		13.30-14.50 ⁽²⁾ Sporta zāle		
h/b	SSG 6st.	K.Klementjeva	13.00-14.20 ⁽²⁾ Sporta zāle			13.00-14.20 ⁽²⁾ Sporta zāle		11.20-12.40 ⁽²⁾ Sporta zāle	
h/b	SSG 6st.	A. Borisovs	13.00-14.20 ⁽²⁾ Sporta zāle			13.00-14.20 ⁽²⁾ Sporta zāle		10.00-11.20 ⁽²⁾ Sporta zāle	
s/c	MT-6 12st. 5st.	D.Žulins <i>V. Rimšs</i>	18.40-20.00 ⁽²⁾ Svarcelšana zāle	18.00-19.20 ⁽²⁾ Svarcelšana zāle	18.40-20.00 ⁽²⁾ Svarcelšana zāle	18.40-20.00 ⁽²⁾ Svarcelšana zāle	18.40-20.00 ⁽²⁾ Svarcelšana zāle	11.00-13.00 ⁽³⁾ Svarcelšana zāle	12.20- 15.00 ⁽⁴⁾ Svarcelšana zāle
s/c	MT-3 11 st.	D. Žulins	17.20-18.40 ⁽²⁾		17.20-18.40 ⁽²⁾		17.20-18.40 ⁽²⁾	9.20-11.00 ⁽³⁾	

s/c	MT-1 8st.	D. Žulins	16.00-17.20 ⁽²⁾ Svarcelšana zāle		16.00-17.20 ⁽²⁾ Svarcelšana zāle		16.00-17.20 ⁽²⁾ Svarcelšana zāle	8.00-9.20 ⁽²⁾ Svarcelšana zāle	
f/b	ASM 10st. 13st. Kārsava	M. Oļipovs <i>S. Semeško</i>	19.00-21.40 ⁽⁴⁾	20.30-21.50 ⁽²⁾	20.00-21.20 ⁽²⁾	19.00-21.40 ⁽⁴⁾	19.00-21.40 ⁽⁴⁾	16.00-18.00 ⁽³⁾	13.30- 15.30 ⁽⁴⁾
f/b	MT-7 10st. 9 st.	E.Savickis <i>S. Semeško</i>	19.20-21.20 ⁽³⁾ halle	19.00-21.00 ⁽³⁾ Kārsava	19.00-21.00 ⁽³⁾	19.00-21.00 ⁽³⁾ Kārsava		17.00-19.00 ⁽³⁾ <i>Kārsava</i>	10.00- 10.40 ⁽¹⁾ 10.40- 12.30 ⁽³⁾ <i>Kārsava</i>
f/b	MT-6 8st. 9 st.	E.Savickis <i>S. Semeško</i>	19.20-21.20 ⁽³⁾	17.00-19.00 ⁽³⁾	17.00-19.00 ⁽³⁾	17.00-19.00 ⁽³⁾		9.00-10.20 ⁽²⁾	12.00- 14.00 ⁽³⁾
f/b	MT-5 15st. Kārsava	M. Oļipovs		18.30-20.30 ⁽³⁾	18.00-20.00 ⁽³⁾	19.00-21.00 ⁽³⁾		13.00-15.40 ⁽⁴⁾	12.00- 13.20 ⁽²⁾
f/b	MT-3 8st. 3.st.	E. Savickis <i>S. Semeško</i>	18.00-19.20 ⁽²⁾ halle	15.40-17.00 ⁽²⁾ manēža		15.40-17.00 ⁽²⁾ manēža		11.00-12.20 ⁽²⁾	10.00- 12.00 ⁽³⁾
f/b	MT-2 9 st. Kārsava	M. Oļipovs		16.30-18.30 ⁽³⁾		16.30-18.30 ⁽³⁾ Manēža		11.00-13.00 ⁽³⁾	
f/b	MT-1 8 st.	E. Savickis	16.00-17.20 Sporta zāle	17.00-18.20 ⁽²⁾ manēža		15.00-16.20 ⁽²⁾ Sporta zāle		12.30-13.50 ⁽²⁾	

Sastādīja sporta skolas direktores vietniece mācību darbā

A. Puncule