

ŠIAULIŲ LENGVOSIOS ATLETIKOS IR SVEIKATINGUMO CENTRO TRENERIŲ UŽSIĖMIMŲ TVARKARAŠTIS 2025/2026 M.

Vardas, pavardė	Grupė	Sav. Val.	Pirmadienis		Antradienis		Trečiadienis		Ketvirtadienis		Penktadienis		Šeštadienis	
			Kontaktinės valandos	Pasiruošimo minutės	Kontaktinės valandos	Pasiruošimo minutės	Kontaktinės valandos	Pasiruošimo minutės	Kontaktinės valandos	Pasiruošimo minutės	Kontaktinės valandos	Pasiruošimo minutės	Kontaktinės valandos	Pasiruošimo minutės
V. ŽIEDIENĖ	MU-3	5	15.10-16.40	30	15.10-15.55	15	15.10-15.55	15	15.10-15.55	15	---	---	---	---
	MT-1	8	16.40-18.10	30	15.55-18.10	45	15.55-17.25	30	15.55-16.40	15	---	---	---	---
	AM	10	18.10-19.40	30	18.10-19.40	30	17.25-19.40	45	16.40-18.55	45	---	---	---	---
D. ŠAUČIKOVAS	MU-2	6	15.15-16.45	30	---	---	15.15-16.45	30	15.15-16.45	30	---	---	---	---
	MT-1	8	16.45-18.15	30	16.00-17.30	30	16.45-18.15	30	16.45-18.15	30	---	---	---	---
	MT-3	12	18.15-19.45	30	17.30-19.00	30	18.15-19.45	30	18.15-19.45	30	Salduvė 16.30-18.00	30	11.15-12.45	30
	AM	14	10.30-12.00 Salduvė	30	10.30-12.00	30	10.30-12.00 Salduvė	30	10.30-12.00	30	10.30-12.45 Salduvė	45	9.00-11.15 Bubiai	45
J. BAIKŠTIENĖ	MT-1	12	14.00-16.15	45	14.00-16.15	45	14.00-16.15	45	14.00-16.15	45	---	---	---	---
	AM	18	9.15-10.45	30	9.15-10.45	30	10.00-12.15	45	9.15-10.45	30	9.15-10.45	30	11.30-13.45	45
	AM	4	---	---	---	---	17.45-19.15	30	---	---	---	---	10.00-11.30	30
	AM	6	---	---	---	---	19.15-20.00	15	---	---	17.45-20.00	45	13.45-15.15	30
R. KONDRATIENĖ	NU	4	14.00-15.30	30	---	---	---	---	---	---	14.00-15.30	30	---	---
	MU-3	10	---	---	14.00-16.15	45	14.00-15.30	30	14.00-15.30	30	17.45-20.00	45	---	---
	MT-1	12	15.30-17.45	45	16.15-18.30	45	17.00-19.15	45	17.45-20.00	45	---	---	---	---
	MT-2	12	17.45-19.15	30	18.30-20.00	30	15.30-17.00	30	15.30-17.45	45	15.30-17.45	45	---	---
L. MACEIKA	MU-2	10	16.15-17.45	30	15.30-17.00	30	16.15-17.45	30	15.30-17.00	30	15.30-17.00	30	---	---
	MT-3	13	17.45-19.15	30	17.00-19.15	45	17.45-19.15	30	17.00-19.15	45	17.00-19.15	45	---	---
	AM	12	14.00-16.15	45	14.00-15.30	30	14.00-16.15	45	14.00-15.30	30	14.00-15.30	30	---	---
D. MACEIKIENĖ	PR-1	6	14.00-15.30	30	---	---	14.00-15.30	30	---	---	14.00-15.30	30	---	---
	MU-3	8	---	---	14.00-16.15	45	---	---	14.00-16.15	45	15.30-17.00	30	---	---
	MT-1	12	15.30-17.45	45	16.15-17.45	30	15.30-17.45	45	16.15-17.45	30	17.00-18.30	30	---	---
	MT-2	12	17.45-20.00	45	17.45-19.15	30	17.45-20.00	45	17.45-19.15	30	18.30-20.00	30	---	---
R. RAZMAITĖ	AM	14	8.15-10.30 Salduvė	45	8.15-10.30 15.45-17.15 Rėkyva	45 30	8.15-10.30 Bubiai	45	8.15-10.30 Salduvė	45	---	---	---	---
A. KITANOV	MT-1	8	16.00-16.45	15	---	---	16.00-17.30	30	16.00-16.45	15	16.00-16.45	15	11.00-13.15	45
J. SPUDIS	MU-3	6	16.40-17.25	15	15.55-17.25	30	15.55-16.40	15	---	---	15.10-16.40	30	---	---
	MT-1	4	---	---	---	---	---	---	16.40-18.10	30	16.40-18.10	30	---	---
	MT-3	6	15.10-16.40	30	15.10-15.55	15	15.10-15.55	15	15.10-16.40	30	---	---	---	---
	MT-3	13	18.10-19.40	30	18.10-19.40	30	16.40-18.55	45	18.10-20.25	45	---	---	12.00-14.15	45
	AM	4	17.25-18.10	15	17.25-18.10	15	---	---	---	---	18.10-18.55	15	14.15-15.00	15
R. KERGYTĖ-DAUSKURDIENĖ	MT-2	10	15.00-16.30	30	18.00-19.30	30	15.00-16.30	30	18.00-19.30	30	18.00-19.30	30	---	---
E. REINOTAS	PR-1	6	18.30-20.00	30	18.30-20.00	30	---	---	18.30-20.00	30	---	---	---	---
	MU-3	11	17.00-18.30	30	17.00-18.30	30	17.00-19.15	45	17.00-18.30	30	15.45-17.15	30	---	---
J. BERŽANSKIS	NU	4	---	---	---	---	15.30-17.00	30	---	---	15.00-16.30	30	---	---
	MT-3	12	15.30-17.00	30	15.30-17.45	45	17.05-18.35	30	16.30-18.00	30	16.35-18.50	45	---	---
	AM	12	17.05-18.35	30	17.50-20.05	45	9.00-11.45 Salduvė	45	---	---	9.00-11.15 Salduvė	45	10.50-11.35	15
	AM	12	9.00-11.15	45	9.00-11.15	45	---	---	9.00-11.15	45	---	---	8.30-10.45	45
L. ROIKIENĖ	PR-2	6	---	---	14.00-15.30	30	14.00-15.30	30	---	---	14.00-15.30	30	---	---
	PR-2	8	14.30-16.00	30	15.30-17.00	30	---	---	14.30-16.00	30	15.30-17.00	30	---	---
	MU-2	10	16.00-17.30	30	17.00-18.30	30	15.30-17.00	30	16.00-17.30	30	17.00-18.30	30	---	---
	MU-3	11	17.30-19.00	30	18.30-20.00	30	17.00-19.15	45	17.30-19.00	30	18.30-20.00	30	---	---

D. VRUBLIAUSKAS	MU-2	8	---	---	14.00-16.15	45	---	---	14.00-16.15	45	14.00-15.30	30	---	---
	MT-1	10	14.00-16.15	≤5	16.15-17.45	30	14.00-16.15	45	16.15-17.45	30	---	---	---	---
	MT-3	10	16.15-18.30	≤5	17.45-19.15	30	16.15-18.30	45	---	---	15.30-17.00	30	---	---
	MT-4	12	18.30-20.00	≥0	---	---	18.30-20.00	30	17.45-19.15	30	17.00-19.15	45	15.00-17.15	45
R. PODOLSKIS	NU	4	16.30-17.15	5	16.30-17.15	15	16.30-17.15	15	16.30-17.15	15	---	---	---	---
	NU	4	17.15-18.00	5	17.15-18.00	15	17.15-18.00	15	17.15-18.00	15	---	---	---	---
	PR-2	8	15.00-16.30	≥0	15.00-16.30	30	15.00-16.30	30	15.00-16.30	30	---	---	---	---
U. BAIKŠTYTĖ	PR-1	8	15.00-16.30	≥0	15.00-16.30	30	15.00-16.30	30	15.00-16.30	30	---	---	---	---
	MU-2	10	16.30-18.45	≤5	16.30-18.00	30	16.30-18.45	45	16.30-18.00	30	---	---	---	---
	AM	12	12.15-14.30	≤5	12.15-14.30	45	12.15-14.30	45	12.15-14.30	45	---	---	---	---
J. BAIKŠTYS	NU	4	---	---	17.30-19.00	30	17.30-19.00	30	---	---	---	---	---	---
	PR-2	8	14.30-16.00	≥0	14.30-16.00	30	14.30-16.00	30	14.30-16.00	30	---	---	---	---
	MT-2	12	16.00-17.30	≥0	16.00-17.30	30	16.00-17.30	30	16.00-18.15	45	14.00-16.15	45	---	---
	MT-4	4	17.30-19.00	≥0	---	---	---	---	---	---	16.30-18.00	30	---	---
R. VALIŠAUSKAS	PR-1	8	15.00-16.30	≥0	15.00-15.45	15	15.00-16.30	30	15.00-15.45	15	15.00-16.30	30	---	---
	PR-1	8	16.30-18.00	≥0	15.45-17.15	30	16.30-17.15	15	15.45-17.15	30	16.30-17.15	15	---	---
E. STRUPAITĖ	PR-1	8	15.00-16.30	≥0	15.00-15.45	15	15.00-16.30	30	15.00-15.45	15	15.00-16.30	30	---	---
	PR-1	8	16.30-18.00	≥0	15.45-17.15	30	16.30-17.15	15	15.45-17.15	30	16.30-17.15	15	---	---
A. LINKUTĖ	MU-2	4	16.45-17.30	5	17.00-18.30	30	16.45-17.30	15	---	---	---	---	---	---
T. SKALIKAS	AM	10	10.30-12.00	≥0	10.30-12.00	30	16.00-17.30 baseinas	30	10.30-12.00	30	10.30-12.00	30	---	---
	AM	14	17.00-19.15	≤5	17.00-19.15	45	17.30-19.00 baseinas	30	17.00-19.15	45	17.00-19.15	45	---	---
D. JUSYS	MUT	4	16.00-16.45	15	16.00-16.45	15	16.00-16.45 Baseinas	15	16.00-16.45	15	---	---	---	---
	MUT	5	15.15-16.00	15	15.15-16.00	15	16.45-17.30 Baseinas	15	15.15-16.00	15	16.00-16.45	15	---	---
	MUT	5	18.15-19.00	15	18.15-19.00	15	18.15-19.00 Baseinas	15	18.15-19.00	15	18.15-19.00	15	---	---
	AM	8	9.00-10.30	≥0	9.00-10.30	30	---	---	9.00-10.30	30	9.00-10.30	30	---	---
	AM	18	10.30-12.00 19.00-20.30	≥0 ≥0	10.30-12.00 19.00-20.30	30 30	15.15-16.00 Baseinas	15	10.30-12.00 19.00-20.30	30 30	10.30-12.45 19.00-20.30	45 30	---	---
A. SKUJA	MUT	12	14.30-16.45	≤5	14.30-16.45	45	16.45-17.30 baseinas	15	14.30-16.45	45	14.30-16.00	30	---	---
	MUT	9	16.45-18.15	≥0	16.45-18.15	30	16.00-16.45 baseinas	15	16.45-18.15	30	16.00-17.30	30	---	---
	MUT	9	18.15-19.45	≥0	18.15-19.45	30	17.30-18.15 Baseinas	15	18.15-19.45	30	17.30-19.00	30	---	---
M. BERNOTAS (stalo tenisas)	MUT	12	---	---	14.30-16.45 Pramonės g. 13	45	15.15-17.30 Pramonės g. 13	45	13.30-15.45 Pramonės g. 13	45	16.30-18.45 Pramonės g. 13	45	---	---
M. BERNOTAS (finklinis)	PR	4	---	---	13.30-15.00 Pramonės g. 13	30	---	---	---	---	---	---	9.00-10.30 Pramonės g. 10	30
M. BERNOTAS (bočia)	PR	4	---	---	13.30-14.15 Pramonės g. 13	15	---	---	---	---	---	---	10.35-12.50 Pramonės g. 10	45
M. BERNOTAS (šaudymas)	MUT	12	---	---	11.00-13.15 Pramonės g. 13	45	11.00-13.15 Pramonės g. 13	45	11.00-13.15 Pramonės g. 13	45	11.00-13.15 Pramonės g. 13	45	---	---
R. BAGDONAS (šoudaunas)	PR	8	13.20-15.35 Žemaitės g. 102	≤5	---	---	13.20-14.50 Žemaitės g. 102	30	13.20-15.35 Žemaitės g. 102	45	---	---	---	---
R. BAGDONAS (šaškės)	PR	8	15.40-17.55 Žemaitės g. 102	≤5	13.30-15.35 Žemaitės g. 102	45	14.55-16.25 Žemaitės g. 102	30	---	---	---	---	---	---
	PR	8	---	---	15.40-17.55 Žemaitės g. 102	45	16.30-18.00 Žemaitės g. 102	30	15.40-17.55 Žemaitės g. 102	45	---	---	---	---
	MUT	12	11.00-13.15 Žemaitės g. 102	45	11.00-13.15 Žemaitės g. 102	45	11.00-13.15 Žemaitės g. 102	45	11.00-13.15 Žemaitės g. 102	45	---	---	---	---

G. ŠIDIŠKIENĖ (šiuolaikinė penkiakovė)	PR-2	8	16.00-16.45	15	19.30-20.15 Baseinas	15	16.00-17.30	30	16.00-16.45	15	19.30-20.15 baseinas	15	14.45-16.15 baseinas	30
	MU-2	18	16.45-19.00	45	17.30-19.00 20.15-21.00 Baseinas	30 15	17.30-19.00	30	16.45-19.00	45	17.30-19.00 20.15-21.00	30 15	11.00-13.15 14.00-14.45 baseinas	45 15
R. KERGYTĖ- DAUSKURDIENĖ (šiuolaikinė penkiakovė)	PR-2	10	19.30-21.00 Baseinas	30	15.00-16.30	30	19.30-21.00 Baseinas	30	15.00-16.30	30	15.00-16.30	30	---	---
	MT-2	20	16.30-19.30	60	19.30-21.45	45	16.30-19.30	60	19.30-21.45	45	19.30-21.45	45	Salduvė 10.00-12.15	45

Nuo 2026-04-07