**JELÖLÉSEK:** ZÁRVA | TVE EDZÉS | | MÉRKŐZÉS | BÉRLŐK | TÁMOGATÓK | LAKOSSÁG

# III. KERÜLETI TVE USZODA HETI PROGRAM 28.hét

| | | 6:00 | 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | 22:00 | 22:30 |
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| 2026.06.22 HÉTFŐ | 1. | LAKOSSÁG | | | | | | úszótábor | | | | | | | | | | úszótábor | | | | LAKOSSÁG | | | | | | | | | | | | Cégszolgálat | |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5. | TÁMOGATÓK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6. | Óbudai Egyetem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | Market | | | | | | R.Judit | | | | | | | | | | R.Judit | | | | | | | | | | | | | | | | | |
| | 8. | Biotech | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6:00 | | 7:00 | | 8:00 | | 9:00 | | 10:00 | | 11:00 | | 12:00 | | 13:00 | | 14:00 | | 15:00 | | 16:00 | | 17:00 | | 18:00 | | | | 20:00 | | 21:00 | | 22:00 | |
| 2026.06.23 KEDD | 1. | | | | | érettségi Kerék érettségi Kőrösi | | úszótábor | | | | | | | | | | úszótábor | | | | LAKOSSÁG | | | | Edzéspálya vízilabda | | | | BP Felnőtt | | | | Cégszolgálat |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5. | TÁMOGATÓK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6. | Óbudai Egyetem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | Market | | | | | | R.Judit | | | | | | | | | | R.Judit | | | | | | | | | | | | | | | | | |
| | 8. | Biotech | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6:00 | | 7:00 | | 8:00 | | 9:00 | | 10:00 | | 11:00 | | 12:00 | | 13:00 | | 14:00 | | 15:00 | | 16:00 | | 17:00 | | 18:00 | | 19:00 | | 20:00 | | ### | | 22:00 | |
| 2026.06.24 SZERDA | 1. | | | | | | | úszótábor | | | | | | | | | | úszótábor | | | | | | | | | | | | | | | Vízikosár | |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | LAKOSSÁG | | | | | | | | | | | | | |
| | 5. | TÁMOGATÓK | | | | | | | | | | | | BP felnőtt | | | | | | | | | | | | | | | | | | | | | |
| | 6. | Óbudai Egyetem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | Market | | | | | | R.Judit | | | | | | | | | | R.Judit | | | | | | | | | | | | | | | | | |
| | 8. | Biotech | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6:00 | | 7:00 | | 8:00 | | 9:00 | | 10:00 | | 11:00 | | 12:00 | | 13:00 | | 14:00 | | 15:00 | | 16:00 | | 17:00 | | 18:00 | | 19:00 | | 20:00 | | 21:00 | | 22:00 | |
| 2026.06.25 CSÜTÖRTÖK | 1. | | | | | | | úszótábor | | | | Szentes edzés | | | | | | úszótábor | | | | LAKOSSÁG | | | | Edzéspálya vízilabda | | | | BP Felnőtt | | Cégszolgálat | |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5. | TÁMOGATÓK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6. | Óbudai Egyetem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | Market | | | | | | R.Judit | | | | | | | | | | R.Judit | | | | | | | | | | | | | | | | | |
| | 8. | Biotech | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6:00 | | 7:00 | | 8:00 | | 9:00 | | 10:00 | | 11:00 | | 12:00 | | 13:00 | | 14:00 | | 15:00 | | 16:00 | | 17:00 | | 18:00 | | 19:00 | | 20:00 | | 21:00 | | 22:00 | |
| 2026.06.26 PÉNTEK | 1. | LAKOSSÁG | | | | | | úszótábor | | | | | | | | | | úszótábor | | | | LAKOSSÁG | | | | | | | | | | | Cégszolgálat | |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5. | TÁMOGATÓK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6. | Óbudai Egyetem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | Market | | | | | | R.Judit | | | | | | | | | | R.Judit | | | | | | | | | | | | | | | | | |
| | 8. | Biotech | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6:00 | | 7:00 | | 8:00 | | 9:00 | | 10:00 | | 11:00 | | 12:00 | | 13:00 | | 14:00 | | 15:00 | | 16:00 | | 17:00 | | 18:00 | | 19:00 | | 20:00 | | 21:00 | | 22:00 | |
| 2026.06.27 SZOMBAT | 1. | | | | | LAKOSSÁG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6:00 | | 7:00 | | 8:00 | | 9:00 | | 10:00 | | 11:00 | | 12:00 | | 13:00 | | 14:00 | | 15:00 | | 16:00 | | 17:00 | | 18:00 | | 19:00 | | 20:00 | | 21:00 | | 22:00 | |
| 2026.06.28 VASÁRNAP | 1. | | | | | LAKOSSÁG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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