

**SMILTENES PILSĒTAS BJSS TREIŅU NODRABĪBU GRAFIKS 2025./2026.m.g.**

| Sporta veids               | Trenēris                 | Grupas kvalifikācija | Nodarbību norises vieta   | Pirmd.      | Otrd.       | Trešd.      | Ceturtd.    | Piektd.     | Sestd.                  |
|----------------------------|--------------------------|----------------------|---------------------------|-------------|-------------|-------------|-------------|-------------|-------------------------|
| <b>Basketbols</b>          | Andris Jaunzems          | MT-5                 | Sporta sk. / Halle        | 15:30-17:30 | 15:30-17:30 |             | 15:30-17:30 | 15:30-17:30 | 10:00-12:00             |
|                            |                          | MT-6                 | Sporta sk. / Halle        | 17:30-20:10 | 17:30-19:30 |             | 17:30-19:30 | 17:30-19:30 | 12:00-14:40             |
|                            | Aleksis Eduards Brālītis | MT-3                 | Halle                     |             | 15:00-16:30 |             | 15:00-16:30 |             |                         |
|                            |                          | MT-7                 | Halle                     |             | 16:30-18:00 | 16:30-18:00 | 16:30-18:00 |             |                         |
| <b>Riteņbraukšana</b>      | Agnis Apse               | MT-4                 | Apvidus/Sporta sk./Šoseja | 14:20-16:20 |             |             | 14:20-16:20 |             | 13:00-14:20             |
|                            |                          | MT-7                 | Apvidus/Sporta sk./Šoseja |             | 15:00-18:20 |             |             | 13:40-17:00 |                         |
|                            |                          | SMP-3                | Apvidus/Sporta sk./Šoseja |             |             | 15:40-18:20 | 16:20-18:20 | 16:20-19:40 | 14:20-19:00             |
|                            | Kate Alīsiņa Apse        | MT-4                 | Apvidus/Sporta sk./Šoseja |             | 14:20-16:20 |             |             |             | 14:20-15:40             |
|                            |                          | MT-7                 | Apvidus/Sporta sk./Šoseja |             |             |             | 15:40-18:20 |             | 15:40-19:00             |
|                            |                          | SMP-3                | Apvidus/Sporta sk./Šoseja | 16:20-17:40 | 16:20-19:00 |             |             |             |                         |
|                            | Ģirts Kātiņš             | SMP-3                | BMX trase/Sporta halle    | 16:20-19:00 | 16:20-19:00 | 16:20-19:00 | 16:20-19:00 | 16:20-19:40 |                         |
|                            | Renārs Auga              | SSG                  | BMX trase/mežs            |             |             |             |             | 15:30-17:30 |                         |
|                            |                          | MT-1                 | BMX trase/mežs            |             | 17:00-19:40 |             |             |             |                         |
|                            |                          | MT-2                 | BMX trase/mežs            |             | 13:00-14:20 | 13:00-15:00 | 13:00-15:00 | 13:30-15:30 |                         |
|                            |                          | MT-4                 | BMX trase/mežs            | 14:00-16:00 | 14:20-17:00 |             | 17:30-19:30 |             | 13:00-16:00             |
|                            |                          | MT-6                 | BMX trase/mežs            | 16:00-19:00 |             |             | 15:00-17:30 |             |                         |
|                            | Madara Ciemiņa           | SSG                  | BMX trase/Sports halle    | 17:40-19:00 |             |             | 17:40-19:00 |             |                         |
|                            |                          | MT-1                 | BMX trase/Sports halle    |             |             | 17:00-19:40 |             |             |                         |
|                            |                          | MT-6                 | BMX trase/Sports halle    |             |             |             |             | 17:00-19:40 | 13:00-15:40             |
| <b>Orientēšanās sports</b> | Liene Brūvele            | MT-6/1               | Apvidus/Halle             |             | 15:20-17:20 | 16:00-18:00 | 15:20-17:20 |             | 14:00-16:40             |
|                            |                          | ASM                  | Apvidus/Halle             | 17:20-20:00 | 17:20-20:00 | 18:00-20:00 | 17:20-20:00 | 17:20-20:00 | 16:40-19:20             |
|                            | Anda Jaunmuktāne         | MT-6/1               | Skolas apkārtnē/zāle      |             |             |             |             | 17:20-20:00 |                         |
|                            |                          | SMP-3                | Skolas apkārtnē/zāle      | 17:40-19:40 |             |             | 15:20-16:40 |             | 10:00-12:00 16:00-18:00 |
|                            | Māris Stabiņš            | MT-2                 | Skolas apkārtnē/zāle      | 14:40-16:00 | 14:20-15:40 | 14:20-15:40 |             |             | 14:40-16:00             |
|                            |                          | MT-6/2               | Skolas apkārtnē/zāle      | 16:00-18:00 | 15:40-17:40 | 15:40-17:40 | 14:40-16:00 | 14:40-15:20 | 12:00-14:00             |
|                            |                          | SMP-3                | Skolas apkārtnē/zāle      |             | 18:00-20:00 | 18:00-20:00 | 16:40-18:00 | 16:40-18:00 |                         |

| Sporta veids  | Treneris            | Grupas<br>kvalifikācija | Nodarbību norises vieta  | Pirmtd.     | Otrd.       | Trešd.      | Ceturtd.    | Piektd.     | Sestd.      |
|---------------|---------------------|-------------------------|--------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Futbols       | Jānis Dergačs       | MT-1                    | Sp.k.Teperis             | 16:20-17:40 | 16:20-17:40 | 16:20-17:40 | 16:20-17:40 |             |             |
|               |                     | SMP-2/2                 | Sp.k.Teperis             | 17:40-19:40 | 17:40-19:40 | 17:40-19:40 | 17:40-19:40 | 17:00-19:40 | 13:00-14:20 |
|               | Jānis<br>Augstkalns | MT-2                    | Sp.k.Teperis             | 14:00-15:15 | 14:00-15:15 |             | 14:00-15:15 |             |             |
|               |                     | MT-3                    | Sp.k.Teperis             | 17:00-19:40 | 17:00-19:40 |             | 16:20-18:20 |             |             |
|               |                     | MT-5/2                  | Sp.k.Teperis             | 15:30-17:00 | 15:30-17:00 | 16:00-17:40 | 18:20-19:40 | 16:00-17:30 |             |
|               | Elvis Teremko       | MT-6                    | Sp.k.Teperis             | 15:00-17:00 | 15:00-17:00 | 15:00-17:00 | 15:00-17:00 |             | 13:40-15:00 |
|               |                     | SMP-2/1                 | Sp.k.Teperis             | 17:00-19:40 | 17:00-19:00 | 17:00-19:00 | 17:00-19:00 | 17:00-19:40 | 15:40-17:00 |
|               | Mārtiņš<br>Veģeris  | SMP-3/1                 | Sp.k.Teperis             | 15:00-17:40 | 15:00-17:40 | 15:40-17:00 | 15:00-17:00 | 15:00-17:00 | 13:00-15:40 |
|               |                     | SMP-3/2                 | Sp.k.Teperis             | 17:40-19:40 | 17:40-19:40 | 17:40-19:40 | 17:00-19:40 | 17:00-19:40 | 15:40-18:20 |
|               | Edgars<br>Jansons   | MT-5/1                  | Sp.k.Teperis             | 15:00-17:00 | 15:00-17:00 | 15:00-17:00 | 15:00-17:00 | 15:00-17:00 |             |
|               |                     | MT-7                    | Sp.k.Teperis             | 17:00-19:40 | 17:00-19:00 | 17:00-19:40 | 17:00-19:40 | 17:00-19:40 |             |
|               | Jānis Rīders        | SSG                     | Sp.k.Teperis             | 17:30-19:00 |             | 17:30-19:00 |             | 17:30-19:00 |             |
|               |                     | MT-1/2                  | Sp.k.Teperis             | 14:00-15:15 | 14:00-15:15 |             | 14:00-15:15 | 14:00-15:15 |             |
|               |                     | MT-4                    | Sp.k.Teperis             | 15:40-17:40 | 15:40-17:40 | 15:15-17:00 | 15:40-17:40 | 15:40-17:40 |             |
| Vieglatlētika | Madara<br>Ciemīņa   | SSG                     | Sp.k.Teperis/Halle       |             |             | 15:00-17:00 |             | 15:00-17:00 |             |
|               |                     | MT-1                    | Sp.k.Teperis/Halle       |             | 15:00-17:40 |             | 15:00-17:40 |             |             |
|               | Guntars<br>Markss   | MT-3                    | Sporta halle             |             | 14:30-16:00 |             |             | 14:30-16:00 |             |
|               |                     | MT-7                    | Sporta halle             |             | 17:00-19:40 |             | 17:00-19:00 | 17:40-19:40 |             |
|               | Edgars<br>Matuks    | MT-2                    | Stadions/Mežs            |             | 15:00-17:00 |             | 13:00-16:45 | 13:40-15:40 |             |
|               |                     | MT-4                    | Stadions/Mežs            | 15:00-17:00 | 17:00-19:40 |             | 15:00-17:00 | 15:40-17:40 |             |
|               |                     | MT-7                    | Stadions/Mežs            | 17:40-19:40 |             | 17:40-19:40 |             |             | 09:00-11:00 |
|               | Aija Latika         | MT-1                    | Apes sporta kompleksa z. | 15:00-16:20 |             | 15:00-16:20 |             | 15:00-16:20 | 13:00-14:20 |
|               |                     | MT-4                    | Apes sporta kompleksa z. | 16:20-18:20 | 16:00-18:20 |             | 16:00-18:20 |             | 14:20-17:00 |

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|--------------|---------------------|-------------------------|-------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Volejbols    | Gita Brālēna        | MT-4                    | Sporta sk.              | 15:00-16:30 | 15:00-16:30 |             | 14:30-15:50 |             |             |
|              |                     | MT-5                    | Sporta sk.              | 16:30-18:00 | 16:30-18:00 |             | 16:30-18:00 |             |             |
|              |                     | SMP-2                   | Sporta sk.              | 18:00-20:00 | 18:00-20:00 |             | 18:00-20:00 | 17:00-19:00 |             |
|              | Toms Emīls<br>Liepa | MT-4                    | Sporta sk.              |             |             | 15:00-16:30 |             |             |             |
|              |                     | MT-5                    | Sporta sk.              |             |             | 16:30-18:00 |             |             | 10:00-11:30 |
|              |                     | SMP-2                   | Sporta sk.              |             |             | 18:00-20:00 |             |             | 11:30-13:00 |