

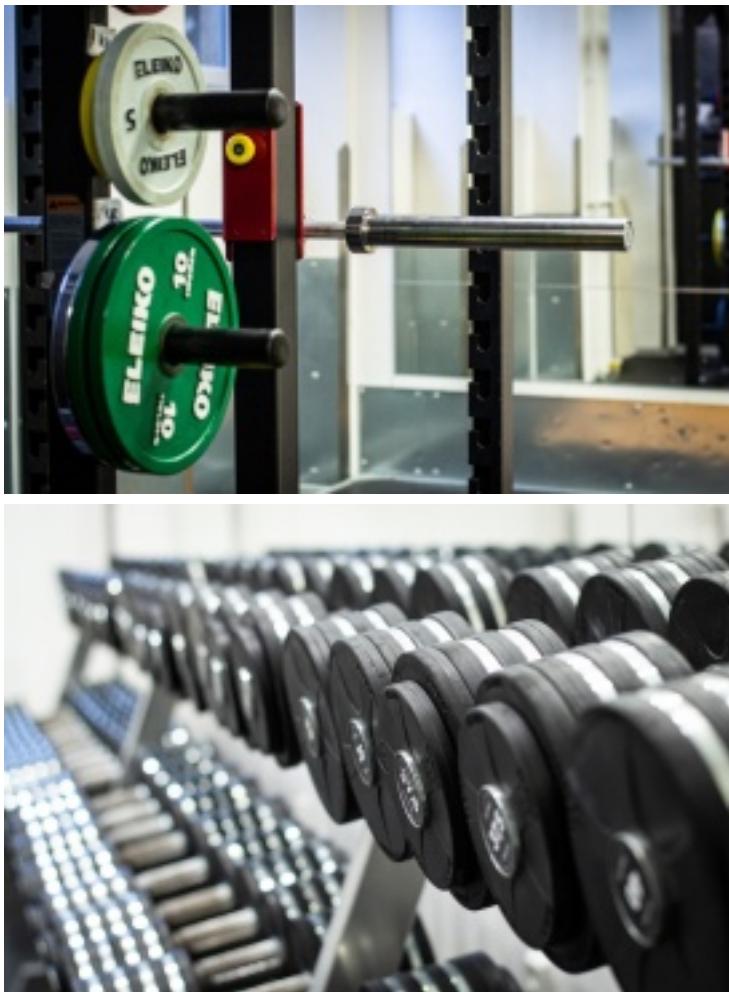
Gym FTVS UK

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The newly renovated gym in the premises of the Faculty of Physical Education and Sport is located in the basement of building H (below the Creative Hub study room). The gym is intended not only for the teaching of accredited study programs, science and research of human movement activities, but also for leisure activities of students, employees of FTVS UK and the public.

As part of the reconstruction, the social facilities were expanded and modernized, the gym environment was supplemented with air exchange technologies, fire protection elements and other technological components in order to be used more efficiently with lower operating costs for management, and the gym space was rebuilt and enlarged with a warm-up room (warm-up). In the future, the premises will be further optimized and supplemented in terms of the offer and placement of equipment to meet the modern requirements of training methods.



The gym has a total of 7 rooms with different focus (you can find a detailed breakdown of all rooms below). The gym is therefore sufficiently equipped for strength training, but also the basics of gymnastics, athletics and specific sports game skills (e.g. hockey shooting, softball and baseball batting or pitching). In addition, mirrors are placed in some rooms to check the exercise technique.

Opening hours*

Monday	9:00 – 11:00	14:00 – 19:00
Tuesday	9:00 – 11:00	14:00 – 19:00
Wednesday		14:00 – 19:00
Thursday	9:00 – 11:00	15:00 – 19:00
Friday	9:00 – 11:00	14:00 – 18:00

Opening hours are dependent on classes and the rental of individual gym rooms.

[View the usage plan for February 2024 here](#)

Admission*

Single entry	150 Kč
Season ticket - 10 entries	1.200 Kč
Permanent card - 1 month	1.500 Kč

* FTVS UK students have a 50% discount (only applies to entry). Payment cards are not accepted.

* You can only pay in cash directly in the gym at the reception during opening hours.

Entry to the gym is only permitted after putting on clean shoes, changing into sports clothes and with a towel (which can be borrowed for a fee at the reception from the custodian in the gym).

Book*

Room lease	600 Kč / hour
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Rental of the entire gym	1.900 Kč / hour
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The gym premises can be rented as a whole or by individual rooms (the list of rooms, including their equipment, can be found below).

If you are interested in making a reservation, write to rjebavy@ftvs.cuni.cz, and a copy to pronajmy@ftvs.cuni.cz.

Equipment

In the gym you will find a total of 7 rooms.

1. room with reception
2. weight room
3. stretching room
4. TRX room
5. shooting range and cardio room
6. athletic tunnel
7. warm-up zone

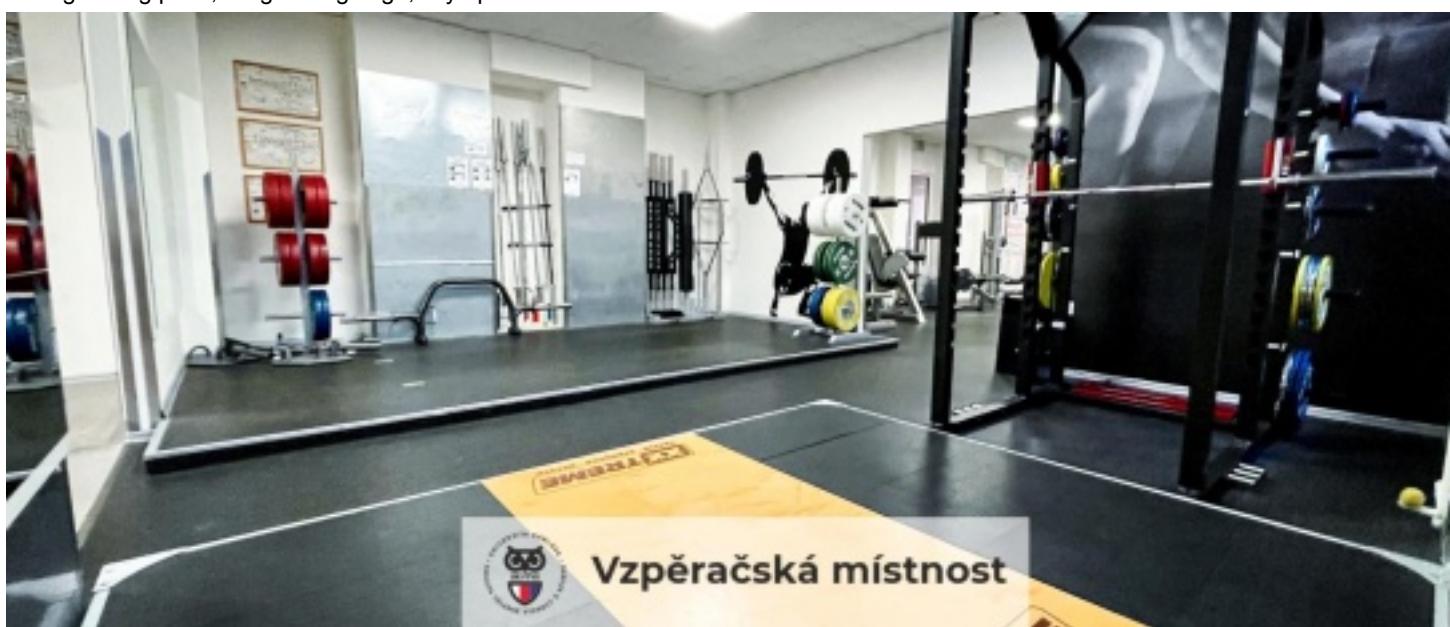
Room with reception

- one-handed dumbbells, exercise machines, pulley, positioning bench, exercise mats



Weightlifting room

- weightlifting plate, weightlifting cage, Olympic barbells and discs



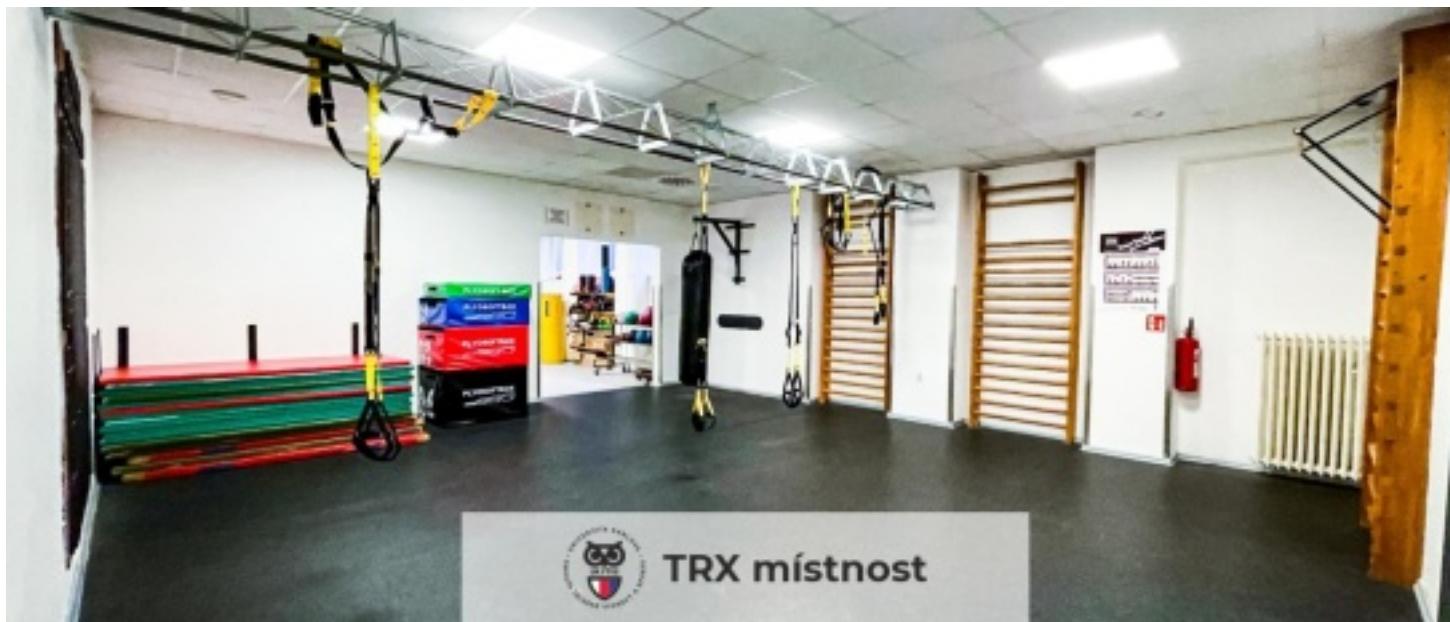
Stretching room

- balance aids, mats, ladders, crossbar, agility ladder, medicine balls



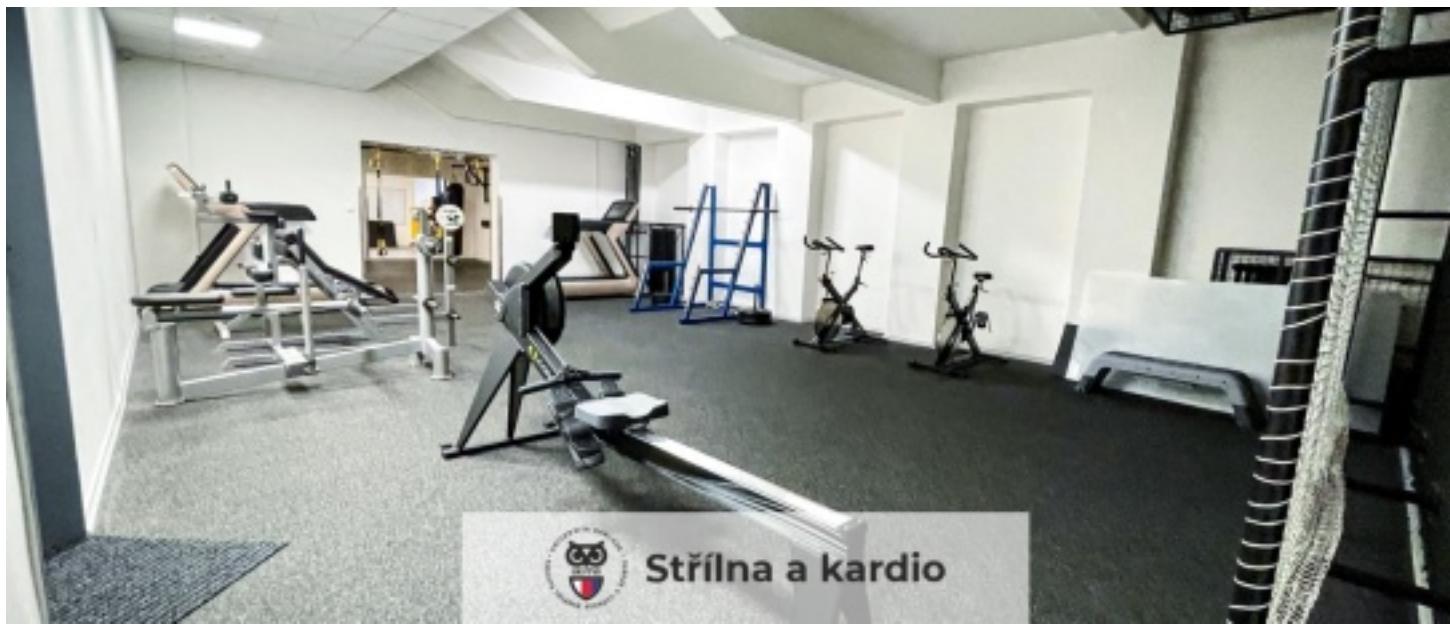
TRX room

- hanging systems, bounce boxes, mats, ladders with bars, throwing wall for medicine balls



Shooting range and cardio room

- squat cage, ergometers (treadmills, rowers, spinning wheels), shooting wall with net, Olympic barbell with discs



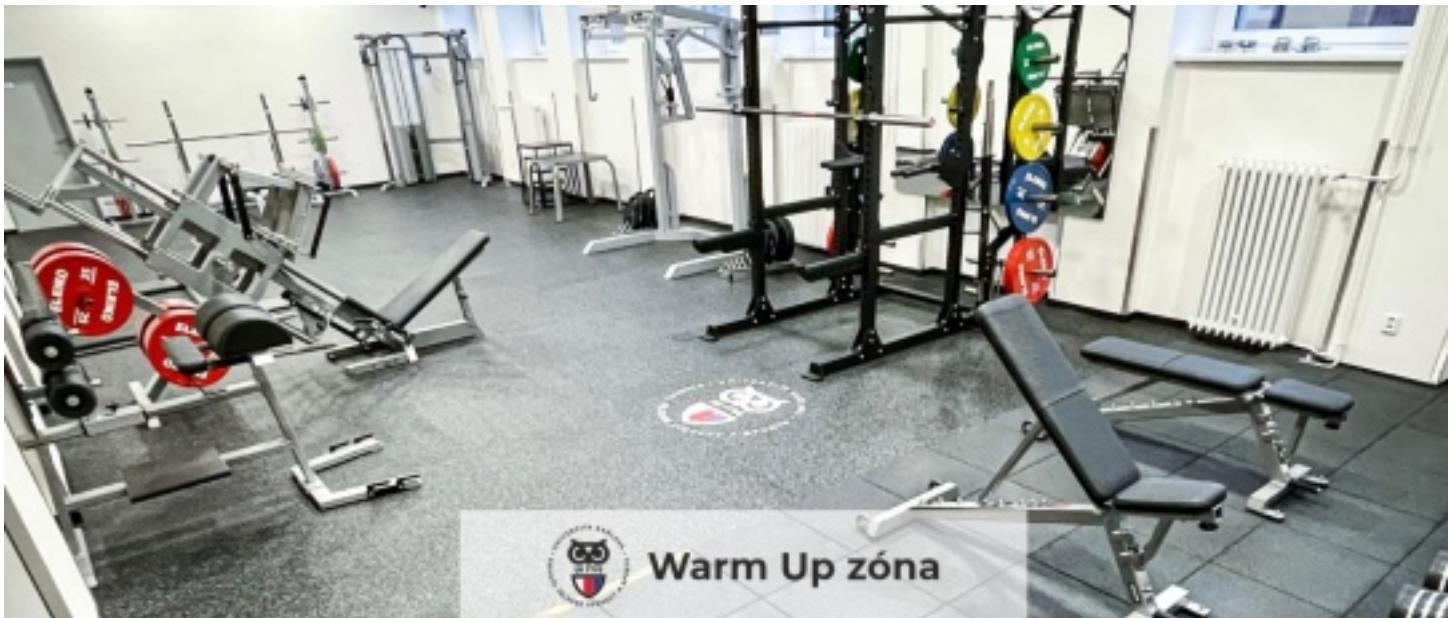
Athletic tunnel

– 45 meters long, with two tracks and with a polyurethane surface (the use of treads is possible); sports blocks and athletic obstacles can be borrowed from the custodians directly in the gym



Warm-up room / warm up zone

– one-handed dumbbells, weightlifting cage, bench press bench, space for exercises with an Olympic barbell, positioning benches, Olympic dumbbells and discs, weight machines, pulley, bounce boxes



Gallery

[Gallery](#)

Gym regulation

- Operating rules and regulations of the Athletic tunnel and fitness center UK FTVS

Thank you in advance for respecting the rules of the gym's operating regulations.