

# adamcik's spring 2026 schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
08:15					
09:00					
09:15					
10:00					
10:15					
11:00					
11:15					
12:00					
12:15					
13:00					
13:15					
14:00					
14:15					
15:00					
15:15					
16:00					
16:15					
17:00					
17:15					
18:00					
18:15					
19:00					
19:15					
20:00					

**TMA4121**  
Ferdighetstrening  
R7

**EXPH0100**  
Formidling  
S206

**TMA4121**  
Formidling  
EL5

**TMA4121**  
Ferdighetstrening  
EL5

**EXPH0100**  
Dialog- og samarbeidsbasert  
undervisning  
S415