ŞCOALA GIMNAZIALĂ HELEŞTENI ŞI OBOROCENI

ORAR 2026/2027

LUNI

Nume si prenume profesor	1	2	3	4	5	6	7
Bădărău Cătălin (LEN+ LLA)	$8^{00}-8^{50}$ VI-O	$9^{00}-9^{50}$ V-O	$11^{00}-11^{50}$ VII-O	$12^{00}-12^{50}$ VIII-O	$13^{00}-13^{50}$ VII-O		
Bădărău Irina-Carmen (LFR + ED. MUZ.)	$9^{00}-9^{45}$ I-H	$10^{00}-10^{50}$ VII-H	$11^{00}-11^{50}$ VII-H				
Bortaş Crenguţa-Lenuţa (PIP)	8,00 G.m.-O	9,00 G.m.-O	10,00 G.m.-O	11,00 G.m.-O	12,00 G.m.-O		
Cefalan Maricela-Rebeca (IST.)							
Chitic Anca (BIO.)							
Cozma Floranța (PIP)		$9^{00}-9^{45}$ IV-O	$10^{00}-10^{45}$ IV-O	$11^{00}-11^{45}$ IV-O	$12^{00}-12^{45}$ IV-O		
Grigoraș Alexandra-Maria (ED. SOCIALĂ.)							
Harbuz Ionel (GEO + TIC)	$8^{00}-8^{50}$ V-O	$9^{00}-9^{50}$ VI-O	$10^{00}-10^{50}$ VII-O	$11^{00}-11^{50}$ VIII-O	$12^{00}-12^{50}$ VI-O		$14^{00}-14^{50}$ VII-H
Hîra Doinița (PIP)	$8^{00}-8^{45}$ CP-H	$9^{00}-9^{45}$ CP-H	$10^{00}-10^{45}$ CP-H				
Horneț-Bulgaru Geraldina (PIP)	8,00 G.mij.-O	9,00 G.mij.-O	10,00 G.mij.-O	11,00 G.mij.-O	12,00 G.mij.-O		
Marele Mihaela (PIP)	$8^{00}-8^{45}$ III-O		$10^{00}-10^{45}$ III-O	$11^{00}-11^{45}$ III-O	$12^{00}-12^{45}$ III-O		
Matcovici Camelia-Luminița (CHI+FIZ) (DIRECTOR)	$8^{00}-8^{50}$ VII-O	$9^{00}-9^{50}$ VIII-O	$10^{00}-10^{50}$ VIII-O				
Matcovici Traian (MAT+ FIZ)	$8^{00}-8^{50}$ VIII-O	$9^{00}-9^{50}$ VII-O	$10^{00}-10^{50}$ VI-O	$11^{00}-11^{50}$ V-O	$12^{00}-12^{50}$ VII-H	$13^{00}-13^{50}$ VII-H	
Palade Maria- Smărăndița (REL ORT +ED.PL)	$8^{00}-8^{45}$ IV-O	$9^{00}-9^{45}$ III-O	$10^{00}-10^{50}$ V-O	$11^{00}-11^{50}$ VI-O	$12^{00}-12^{50}$ VII-O	$13^{00}-13^{50}$ VIII-O	$14^{00}-14^{50}$ VIII- O
Prodan Laura (LRO)	$8^{00}-8^{50}$ VII-H	$9^{00}-9^{50}$ VII-H					
Ștefan Daniela (PIP)	$8^{00}-8^{45}$ II-H	$9^{00}-9^{45}$ II-H	$11^{00}-11^{45}$ II-H	$12^{00}-12^{45}$ II-H			
Ștefan Silviu- Cosmin (ED. FIZ. + ED. TEHN.)	$10^{00}-10^{45}$ II-H	$11^{00}-11^{45}$ CP-H	$13^{00}-13^{50}$ VI-O	$14^{00}-14^{50}$ VII-O			
Vițalariu Mirela (PIP)	8,00 G.M.-O	9,00 G.M.-O	10,00 G.M.-O	11,00 G.M.-O	12,00 G.M.-O	G.M.-O	G.M.-O
Zaur Laura (PIP)	$8^{00}-8^{45}$ I-H	$10^{00}-10^{45}$ I-H	$11^{00}-11^{45}$ I-H	$12^{00}-12^{45}$ I-H			

MARTI

Nume si prenume profesor	1	2	3	4	5	6	7
Bădărău Cătălin (LEN+ LLA)	$8^{00}-8^{50}$ VII-H	$9^{00}-9^{50}$ VII-H					
Bădărău Irina-Carmen (LFR + ED. MUZ.)	$8^{00}-8^{50}$ VI-O	$9^{00}-9^{50}$ VIII-O	$10^{00}-10^{50}$ V-O	$11^{00}-11^{50}$ VII-O	$12^{00}-12^{50}$ VII-O	$13^{00}-13^{50}$ VI-O	
Bortaş Crenguţa-Lenuţa (PIP)	8,00 G.m.-O	9,00 G.m.-O	10,00 G.m.-O	11,00 G.m.-O	12,00 G.m.-O		
Cefalan Maricela-Rebeca (IST.)				$12^{00}-12^{50}$ V-O	$13^{00}-13^{50}$ VIII-O	$14^{00}-14^{50}$ VII-O	
Chitic Anca (BIO.)	$8^{00}-8^{50}$ V-O	$9^{00}-9^{50}$ VI-O	$10^{00}-10^{50}$ VII-O	$11^{00}-11^{50}$ VIII-O	$13^{00}-13^{50}$ VII-H		
Cozma Floranța (PIP)	$8^{00}-8^{45}$ IV-O	$9^{00}-9^{45}$ IV-O		$10^{00}-10^{45}$ IV-O	$11^{00}-11^{45}$ IV-O		
Grigoraș Alexandra-Maria (ED. SOCIALĂ.)							
Harbuz Ionel (GEO + TIC)							
Hîra Doinița (PIP)		$9^{00}-9^{45}$ CP-H	$10^{00}-10^{45}$ CP-H	$11^{00}-11^{45}$ CP-H	$12^{00}-12^{45}$ CP-H		
Horneț-Bulgaru Geraldina (PIP)	8,00 G.mij.-O	9,00 G.mij.-O	10,00 G.mij.-O	11,00 G.mij.-O	12,00 G.mij.-O		
Marele Mihaela (PIP)	$8^{00}-8^{45}$ III-O	$9^{00}-9^{45}$ III-O	$10^{00}-10^{45}$ III-O		$12^{00}-12^{45}$ III-O		
Matcovici Camelia-Luminița (CHI+FIZ) (DIRECTOR)			$10^{00}-10^{50}$ VII-H		$12^{00}-12^{50}$ VI-O	$13^{00}-13^{50}$ VIII-O	
Matcovici Traian (MAT+ FIZ)	$8^{00}-8^{50}$ VII-O	$9^{00}-9^{50}$ V-O	$10^{00}-10^{50}$ VIII-O	$11^{00}-11^{50}$ VI-O	$13^{00}-13^{50}$ VII-O		
Palade Maria- Smărăndița (REL ORT +ED.PL)	$8^{00}-8^{45}$ CP-H	$9^{00}-9^{45}$ I-H	$10^{00}-10^{45}$ II-H	$11^{00}-11^{50}$ VII-H	$12^{00}-12^{50}$ VII-H		
Prodan Laura (LRO)	$8^{00}-8^{50}$ VIII-O	$9^{00}-9^{50}$ VII-O	$10^{00}-10^{50}$ VI-O	$11^{00}-11^{50}$ V-O			
Ștefan Daniela (PIP)	$8^{00}-8^{45}$ II-H	$9^{00}-9^{45}$ II-H	$11^{00}-11^{45}$ II-H	$12^{00}-12^{45}$ II-H			
Ștefan Silviu- Cosmin (ED. FIZ. + ED. TEHN.)	$10^{00}-10^{45}$ IV-O	$11^{00}-11^{45}$ III-O	$12^{00}-12^{50}$ VIII-O	$13^{00}-13^{50}$ V-O	$14^{00}-14^{50}$ VII-H		
Vițalariu Mirela (PIP)	8,00 G.M.-O	9,00 G.M.-O	10,00 G.M.-O	11,00 G.M.-O	12,00 G.M.-O	G.M.-O	G.M.-O
Zaur Laura (PIP)	$8^{00}-8^{45}$ I-H	$10^{00}-10^{45}$ I-H	$11^{00}-11^{45}$ I-H	$12^{00}-12^{45}$ I-H			

MIERCURI

Nume si prenume profesor	1	2	3	4	5	6	7
Bădărău Cătălin (LEN+ LLA)	$8^{00}-8^{50}$ VI-O	$9^{00}-9^{50}$ VII-O	$10^{00}-10^{45}$ III-O	$11^{00}-11^{45}$ IV-O	$12^{00}-12^{50}$ VIII-O	$13^{00}-13^{50}$ VII-O	
Bădărău Irina-Carmen (LFR + ED. MUZ.)	$8^{00}-8^{50}$ VII-H	$9^{00}-9^{45}$ II-H	$10^{00}-10^{45}$ CP-H				
Bortaş Crenguţa-Lenuţa (PIP)	8,00 G.m.-O	9,00 G.m.-O	10,00 G.m.-O	11,00 G.m.-O	12,00 G.m.-O		G.m.-O
Cefalan Maricela-Rebeca (IST.)	$8^{00}-8^{50}$ V-O	$9^{00}-9^{50}$ VI-O	$10^{00}-10^{50}$ VIII-O	$11^{00}-11^{50}$ VII-H			
Chitic Anca (BIO.)							
Cozma Floranța (PIP)	$8^{00}-8^{45}$ IV-O	$9^{00}-9^{45}$ IV-O	$10^{00}-10^{45}$ IV-O		$12^{00}-12^{45}$ IV-O		
Grigoraș Alexandra-Maria (ED. SOCIALĂ.)							
Harbuz Ionel (GEO + TIC)	$9^{00}-9^{50}$ VII-H	$10^{00}-10^{50}$ V-O	$11^{00}-11^{50}$ VII-O				
Hîra Doinița (PIP)		$9^{00}-9^{45}$ CP-H		$11^{00}-11^{45}$ CP-H			
Horneț-Bulgaru Geraldina (PIP)	8,00 G.mij.-O	9,00 G.mij.-O	10,00 G.mij.-O	11,00 G.mij.-O	12,00 G.mij.-O		
Marele Mihaela (PIP)	$8^{00}-8^{45}$ III-O	$9^{00}-9^{45}$ III-O		$11^{00}-11^{45}$ III-O			
Matcovici Camelia-Luminița (CHI+FIZ) (DIRECTOR)			$10^{00}-10^{50}$ VII-H		$12^{00}-12^{50}$ VII-O		
Matcovici Traian (MAT+ FIZ)	$8^{00}-8^{50}$ VIII-O	$9^{00}-9^{50}$ VIII-O	$10^{00}-10^{50}$ VII-O	$11^{00}-11^{50}$ VI-O	$12^{00}-12^{50}$ V-O	$13^{00}-13^{50}$ VII-H	
Palade Maria- Smărăndița (REL ORT +ED.PL)							
Prodan Laura (LRO)	$8^{00}-8^{50}$ VII-O	$9^{00}-9^{50}$ V-O	$10^{00}-10^{50}$ VI-O	$11^{00}-11^{50}$ VIII-O	$12^{00}-12^{50}$ VII-H		
Ștefan Daniela (PIP)	$8^{00}-8^{45}$ II-H	$10^{00}-10^{45}$ II-H	$11^{00}-11^{45}$ II-H				
Ștefan Silviu- Cosmin (ED. FIZ. + ED. TEHN.)	$8^{00}-8^{45}$ CP-H	$10^{00}-10^{45}$ I-H	$11^{00}-11^{50}$ V-O	$12^{00}-12^{50}$ VI-O	$13^{00}-13^{50}$ VIII-O	$14^{00}-14^{50}$ VII- O	
Vițalariu Mirela (PIP)	8,00 G.M.-O	9,00 G.M.-O	10,00 G.M.-O	11,00 G.M.-O	12,00 G.M.-O	G.M.-O	G.M.-O
Zaur Laura (PIP)	$8^{00}-8^{45}$ I-H	$10^{00}-10^{45}$ I-H	$11^{00}-11^{45}$ I-H				

JOI

Nume si prenume profesor	1	2	3	4	5	6	7
Bădărău Cătălin (LEN+ LLA)				$11^{00}-11^{50}$ VII-H	$12^{00}-12^{50}$ VII-H		
Bădărău Irina-Carmen (LFR + ED. MUZ.)	$8^{00}-8^{50}$ V-O	$9^{00}-9^{50}$ VI-O	$10^{00}-10^{50}$ VII-O	$11^{00}-11^{50}$ V-O	$12^{00}-12^{50}$ VIII-O	$13^{00}-13^{50}$ VIII-O	
Bortaş Crenguţa-Lenuţa (PIP)	8,00 G.m.-O	9,00 G.m.-O	10,00 G.m.-O	11,00 G.m.-O	12,00 G.m.-O		
Cefalan Maricela-Rebeca (IST.)							
Chitic Anca (BIO.)							
Cozma Floranța (PIP)	$8^{00}-8^{45}$ IV-O		$10^{00}-10^{45}$ IV-O	$11^{00}-11^{45}$ IV-O			
Grigoraș Alexandra-Maria (ED. SOCIALĂ.)							
Harbuz Ionel (GEO + TIC)	$9^{00}-9^{50}$ VII-O	$10^{00}-10^{50}$ VIII-O	$11^{00}-11^{50}$ VIII-O				
Hîra Doinița (PIP)	$8^{00}-8^{45}$ CP-H	$9^{00}-9^{45}$ CP-H	$10^{00}-10^{45}$ CP-H	$11^{00}-11^{45}$ CP-H			
Horneț-Bulgaru Geraldina (PIP)	8,00 G.mij.-O	9,00 G.mij.-O	10,00 G.mij.-O	11,00 G.mij.-O	12,00 G.mij.-O		
Marele Mihaela (PIP)	$8^{00}-8^{45}$ III-O	$9^{00}-9^{45}$ III-O		$11^{00}-11^{45}$ III-O			
Matcovici Camelia-Luminița (CHI+FIZ) (DIRECTOR)			$12^{00}-12^{50}$ VI-O				
Matcovici Traian (MAT+ FIZ)	$8^{00}-8^{50}$ VII-H	$9^{00}-9^{50}$ VII-H	$10^{00}-10^{50}$ VII-H	$13^{00}-13^{50}$ VII-O			
Palade Maria- Smărăndița (REL ORT +ED.PL)	$8^{00}-8^{50}$ VII-O	$9^{00}-9^{50}$ V-O	$10^{00}-10^{50}$ VI-O	$13^{00}-13^{50}$ VII-H			
Prodan Laura (LRO)	$8^{00}-8^{50}$ VIII-O	$9^{00}-9^{50}$ VIII-O	$10^{00}-10^{50}$ V-O	$11^{00}-11^{50}$ VI-O	$12^{00}-12^{50}$ VII-O	$13^{00}-13^{50}$ VI-O	
Ștefan Daniela (PIP)	$8^{00}-8^{45}$ II-H	$9^{00}-9^{45}$ II-H	$10^{00}-10^{45}$ II-H	$11^{00}-11^{45}$ II-H			
Ștefan Silviu- Cosmin (ED. FIZ. + ED. TEHN.)	$8^{00}-8^{50}$ VI-O	$10^{00}-10^{45}$ IV-O	$11^{00}-11^{45}$ III-O	$11^{00}-11^{50}$ VII-O	$12^{00}-12^{50}$ V-O	$14^{00}-14^{50}$ VIII- O	
Vițalariu Mirela (PIP)	8,00 G.M.-O	9,00 G.M.-O	10,00 G.M.-O	11,00 G.M.-O	12,00 G.M.-O	G.M.-O	G.M.-O
Zaur Laura (PIP)	$8^{00}-8^{45}$ I-H	$9^{00}-9^{45}$ I-H	$10^{00}-10^{45}$ I-H	$11^{00}-11^{45}$ I-H			

VINERI

Nume si prenume profesor	1	2	3	4	5	6	7	8
Bădărău Cătălin (LEN+ LLA)	$8^{00}-8^{50}$ VI-O	$9^{00}-9^{50}$ V-O	$10^{00}-10^{45}$ IV-O	$11^{00}-11^{45}$	$12^{00}-12^{50}$ VIII-O	$13^{00}-13^{50}$ V-O		
Bădărău Irina-Carmen (LFR + ED. MUZ.)			$10^{00}-10^{50}$ VII-H	$12^{00}-12^{50}$ V-O	$13^{00}-13^{50}$ VI-O			
Bortaş Crenguţa-Lenuţa (PIP)	8,00 G.m.-O	9,00 G.m.-O	10,00 G.m.-O	11,00 G.m.-O	12,00 G.m.-O			
Cefalan Maricela-Rebeca (IST.)								
Chitic Anca (BIO.)			$10^{00}-10^{50}$ VI-O	$11^{00}-11^{50}$ VII-O	$12^{00}-12^{50}$ VII-H			
Cozma Floranța (PIP)	$8^{00}-8^{45}$ IV-O	$9^{00}-9^{45}$ IV-O		$11^{00}-11^{45}$ IV-O				
Grigoraș Alexandra-Maria (ED. SOCIALĂ.)	$8^{00}-8^{50}$ V-O	$9^{00}-9^{50}$ VI-O	$10^{00}-10^{50}$ VII-O	$11^{00}-11^{50}$ VIII-O	$13^{00}-13^{50}$ VII-H			
Harbuz Ionel (GEO + TIC)								
Hîra Doinița (PIP)	$8^{00}-8^{45}$ CP-H	$9^{00}-9^{45}$ CP-H	$10^{00}-10^{45}$ CP-H	$11^{00}-11^{45}$ CP-H				
Horneț-Bulgaru Geraldina (PIP)	8,00 G.mij.-O	9,00 G.mij.-O	10,00 G.mij.-O	11,00 G.mij.-O	12,00 G.mij.-O			
Marele Mihaela (PIP)	$8^{00}-8^{45}$ III-O	$9^{00}-9^{45}$ III-O	$10^{00}-10^{45}$ III-O					
Matcovici Camelia-Luminița (CHI+FIZ) (DIRECTOR)	$8^{00}-8^{50}$ VIII-O				$12^{00}-12^{50}$ VII-O			
Matcovici Traian (MAT+ FIZ)	$8^{00}-8^{50}$ VII-O	$9^{00}-9^{50}$ VIII-O	$10^{00}-10^{50}$ V-O	$11^{00}-11^{50}$ VI-O	$13^{00}-13^{50}$ VIII-O			
Palade Maria- Smărăndița (REL ORT +ED.PL)								
Prodan Laura (LRO)	$8^{00}-8^{50}$ VII-H	$9^{00}-9^{50}$ VII-O	$10^{00}-10^{50}$ VIII-O	$11^{00}-11^{50}$ V-O	$12^{00}-12^{50}$ VI-O			
Ștefan Daniela (PIP)	$8^{00}-8^{45}$ II-H	$9^{00}-9^{45}$ II-H	$11^{00}-11^{45}$ II-H					
Ștefan Silviu- Cosmin (ED. FIZ. + ED. TEHN.)	$8^{00}-8^{45}$ I-H	$9^{00}-9^{50}$ VII-H	$11^{00}-11^{50}$ VII-H					
Vițalariu Mirela (PIP)	8,00 G.M.-O	9,00 G.M.-O	10,00 G.M.-O	11,00 G.M.-O	12,00 G.M.-O			
Zaur Laura (PIP)	$9^{00}-9^{45}$ I-H	$10^{00}-10^{45}$ I-H	$11^{00}-11^{45}$ I-H					

Notă : Celulele evidențiate cu galben reprezintă orele de consiliere și dezvoltare personală

Celulele evidențiate cu albastru reprezintă orele de pregătire suplimentară

H -reprezintă orele la Școala Gimnazială Heleșteni (PJ)

O -reprezintă orele la Școala Gimnazială Oboroceni(AR)

G. M- reprezintă grupa mare

G. Mij- reprezintă grupa mijlocie

G. m- reprezintă grupa mică

Celulele evidențiate cu cărămiziu deschis reprezintă orele de CDȘ