

# MONDAY

11:45	<b>BODY BALANCE</b>
12:45	SPORTZAAL 3
12:30	<b>POLE FITNESS</b>
13:30	SPORTZAAL 4
12:45	<b>BODY SHAPE</b>
13:30	SPORTZAAL 3
17:00	<b>POWER STEP</b>
18:00	SPORTZAAL 3
17:00	<b>SPINNING</b>
18:00	SPORTZAAL 4
17:30	<b>BOOTCAMPUS</b>
18:30	BOOTCAMP UTRACK
18:00	<b>PILATES</b>
19:00	SPORTZAAL 4
19:00	<b>POWER <small>NEW</small></b>
20:00	SPORTZAAL 4

# TUESDAY

11:45	<b>PILATES</b>
12:30	SPORTZAAL 4
12:30	<b>TENNIS <small>EXPERIENCED PLAYERS</small></b>
13:30	UT TENNIS PARK
12:30	<b>BRN® WORKOUT</b>
13:30	SPORTZAAL 3
12:40	<b>SPINNING</b>
13:30	SPORTZAAL 4
17:00	<b>BOOTCAMPUS</b>
18:00	BOOTCAMP UTRACK
17:00	<b>POLE FITNESS</b>
18:00	SPORTZAAL 4
18:00	<b>PUMP</b>
19:00	SPORTZAAL 3
19:00	<b>BODY BALANCE</b>
20:00	SPORTZAAL 3

# WEDNESDAY

12:00	<b>BCW (BOXING)</b>
13:00	SPORTZAAL 3
17:00	<b>POWER</b>
18:00	SPORTZAAL 3
18:00	<b>BRN® WORKOUT</b>
19:00	SPORTZAAL 3
20:00	<b>ZUMBA <small>NEW</small></b>
21:00	SPORTZAAL 2

# THURSDAY

12:30	<b>TENNIS <small>EXPERIENCED PLAYERS</small></b>
13:30	UT TENNIS PARK
12:30	<b>POWER</b>
13:30	SPORTZAAL 3
17:00	<b>SPINNING</b>
18:00	SPORTZAAL 4
17:00	<b>POWER</b>
18:00	SPORTZAAL 3
17:00	<b>BOOTCAMPUS</b>
18:00	BOOTCAMP UTRACK
18:00	<b>XCORE</b>
19:00	SPORTZAAL 3
18:00	<b>BODY BALANCE</b>
19:00	SPORTZAAL 4
19:00	<b>KANGOO JUMPS</b>
20:00	SPORTZAAL 4

# FRIDAY

17:00	<b>SPINNING</b>
18:00	SPORTZAAL 4
17:00	<b>ZUMBA</b>
18:00	SPORTZAAL 3
18:00	<b>POLE FITNESS</b>
19:00	SPORTZAAL 4

# GROUP LESSONS

ONLY WITH GROUP LESSONS CARD

STRENGTH

FOCUS

BALANCE

ENDURANCE

## COURSES AND GROUPESSONS

TIMETABLE SEPT 4TH - NOV 10TH

**SPORTSCENTRE**  
UNIVERSITY OF TWENTE.

# MONDAY

17:00 **BASIC FITNESS**  
18:00 **FITNESS**

## COURSE DATES

P1: SEPT 4TH - NOV 10TH  
P2: NOV 13TH - DEC 22TH  
P3: FEB 5TH - APRIL 13TH  
P4: APRIL 16TH - JUNE 29TH

# COURSES

# TUESDAY

08:30 **YOGA**  
10:00 **DOJO**

17:00 **TAI CHI**  
18:00 **SPORTZAAL 3**

17:00 **TENNIS**  
18:00 **UT TENNIS PARK**

18:00 **TENNIS** FOR BEGINNERS  
19:00 **UT TENNIS PARK**

# WEDNESDAY

17:00 **BASIC FITNESS**  
18:00 **FITNESS**

# THURSDAY

08:00 **TAI CHI**  
09:00 **DOJO**

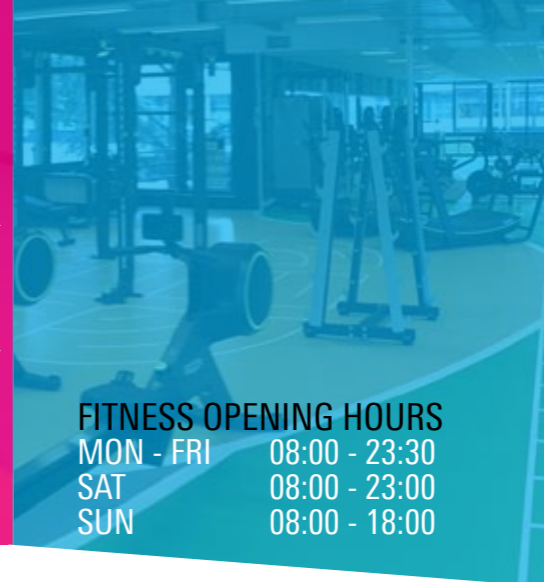
16:00 **KETTLEBELL TRAINING**  
17:00 **FITNESS**

# FRIDAY

15:00 **YOGA**  
16:30 **DOJO**

16:30 **MEDITATION & MANIFESTATION**  
18:00 **DOJO**

18:00 **SWIMMING FOR BEGINNERS**  
19:00 **BINNENBAD**  
20:00



**FITNESS OPENING HOURS**  
MON - FRI 08:00 - 23:30  
SAT 08:00 - 23:00  
SUN 08:00 - 18:00



**OUTDOOR POOL**  
17 MAY - 11 SEPTEMBER  
**INDOOR POOL**  
12 SEPTEMBER - 14 MAY  
UTWENTE.NL/SPORT/OPENINGSTIJDEN

## COURSES

Want to try out a new sport? Courses are perfect to learn the basics of the sport within 10 weeks. New courses start four times a year. Join a course? Each course can be joined seperately for a small fee. The access to your course will be placed on your Union- or Campuscard. Sign up directly at [dms.utwente.nl](https://dms.utwente.nl).

## SIGN UP FOR THE SPORTSCENTRE MAILING LIST

Stay up to date on the latest news about the sports (new offers, cancellation due to illness of instructor, relocation) you can sign up for the mailing list at [www.utwente.nl/sport](https://www.utwente.nl/sport)

DO YOU  SPORTS?

[FACEBOOK.COM/SPORTCENTRUMUT](https://FACEBOOK.COM/SPORTCENTRUMUT)

[WWW.UTWENTE.NL/SPORT](https://WWW.UTWENTE.NL/SPORT)