

Sports Schedule 2021-2022

<u>Day - Location</u>	<u>Sports – Sports Hall</u>		<u>Classes – PABO Hall</u>		<u>Sports/Classes – External Location</u>
Monday	17.30 – 19.30 Basketball	19.30 – 21.00 Volleyball	17.30 – 18.30 Yoga	19.00 – 20.00 Freestyle Dance	19.00 – 20.00 Tennis*
Tuesday	17.30 – 19.20 Football	19.30 – 21.00 Badminton	19.00 – 20.30 Boxing		16.30 – 17.30 Zumba Zuiderpark*
Wednesday	17.30 – 19.00 Badminton	19.10 – 21.00 Football	18.00 – 19.00 Body Pump	19.00 – 20.00 Salsa	
Thursday	17.30 – 19.30 Basketball	19.30 – 21.00 Volleyball	17.30 – 18.30 Yoga	18.30 – 19.30 Total Body Workout	
Friday			18.00 – 19.30 Boxing		
Saturday	11.30 – 13.30 Basketball		10.30 – 11.30 Yoga		

* Tennis Clinics: classes will be every 1st Monday of the month. Location: Klatteweg 103, 2597 KA, The Hague

* Zumba Zuiderpark: every Tuesday until March 2022. Location: Mr. P. Drooglever Fortuynweg 22 (Dancehall).

* More to come in 2022: Beach Volleyball, Aerial Hoop and Bouldering (climbing)

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Life & Sports for a sports-
and fitness pass!**

Version 1.7 January 15th, 2022

Opening Hours – Fitness

Monday:	11:00 – 22:00
Tuesday:	11:00 – 22:00
Wednesday:	11:00 – 22:00
Thursday:	11:00 – 22:00
Friday:	11:00 – 20:00
Saturday:	11:00 – 17:00

Campus Student Life & Sports Johanna Westerdijkplein 66 - Next to the AH to Go