

SPORTS SCHEDULE

YEAR 2024/2025

	FITNESS	ZUIDERPARK SPORTS CAMPUS	PABO (THUAS main building)	EXTRA CLINICS	SWIMMING
MONDAY	09.00 – 22.00		17.30 – 18.30 Yoga 18.30 – 19.30 Total Body Workout		07.00 – 08.30 Zwembad Overbosch
TUESDAY	09.00 – 22.00		17.30 – 18.30 Yoga 19.00 – 20.30 Boxing	17.30 – 19.00 Capoeira*	12.00 – 13.00 Zwembad Overbosch
WEDNESDAY	09.00 – 22.00	18.00 – 20.00 Football 19.00 – 20.30 Volleyball	19.00 – 20.00 Zumba 20.00 – 21.00 Yoga		07.00 – 08.30 Zwembad De Houtzagerij 20.30 – 22.00 Zwembad Het Hofbad
THURSDAY	09.00 – 22.00		17.30 – 19.00 Total Body Workout		12.00 – 13.00 Zwembad Het Zuiderpark
FRIDAY	09.00 – 18.00	17.00 – 19.00 Basketball 19.00 – 21.00 Football 19.00 – 21.00 Badminton	17.00 – 18.30 Boxing		07.00 – 08.30 Zwembad De Houtzagerij
SATURDAY	Closed				12.00 – 13.00 Zwembad Het Zuiderpark
SUNDAY	Closed	13.30 – 15.30 Basketball 13.30 – 15.30 Volleyball 13.30 – 15.30 Badminton			09.30 – 11.30 Zwembad Het hofbad

EXTRA INFORMATION:

- Capoeira: between September 10th – November 12th. Location: Dramalokaal (OV k.29, THUAS main building)
- Clinic Pole Dance coming in November.
- More clinics will be added to the schedule in 2025!

ZUIDERPARK SPORTS CAMPUS:

Meester P. Drooglever Fortuynweg 22, 2533 SR, The Hague

VERSION 4.7

July 12th,
2024

CAMPUS
STUDENT LIFE & SPORTS



THE HAGUE
UNIVERSITY OF
APPLIED SCIENCES