

## PHYSICAL EDUCATION OFFICE – LARISSA (GAIOPOLIS CAMPUS)

### Sports Activities Time schedule – Spring Semester 2021-22 (Sports Centre-Gym)

From 01-10-2021 - to 30-06-2022 (Larissa 16-09-2021)

	SPORTS ACTIVITES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	Μυϊκή Ενδυνάμωση - Γυμναστήριο-Βάρη-Gym-Body strength	09:00 - 12:45 & 15:30-18:30 15:30 - 18:30	09:00 - 12:45 & 15:30-18:30	09:00 - 12:45 & 15:30-18:30	09:00 - 12:45 & 15:30-18:30	09:00 - 12:45 & 15:00-18:00	16:00 -19:00 For the students in the dormitories	
2	Basketball 5x5	16:00-19:00	16:00-19:00(17:00-		16:00-19:00(17:00-		GYM	
3	5x5 Soccer	18:00-22:00 MATCH	17:00-22:00 MATCH	19:00-22:00	17:00-22:00 MATCH	19:00-22:00	GYM	
4	Women's soccer	18:00-20:00		18:00-19:00				
5	Volleyball	18:00-20:00		17:00-22:00 MATCH	16:00-20:00	14:00-18:00	-//-	
6	11x11 Soccer	15:00-18:00	15:00-18:00	15:00-17:00	15:00-18:00	15:00-18:00	SPORTS CENTRE	
7	Tennis	10:00-18:00	10:00-18:00	10:00-18:00	10:00-18:00	10:00-18:00	UTH SPORTS CENTRE	
8	Table tennis	09:00-17:45	09:00-17:45	09:00-17:45	09:00-17:45	09:00-17:45	GYM	
9	Sepak Takraw	11:00-13:00		11:00-13:00			GYM	
10	Chess (Zatrikio)	10:00-18:00	10:00-18:00	10:00-18:00	10:00-18:00	10:00-18:00	GYM	
11	Badminton		10:00-12:00	10:00-12:00		10:00-12:00	GYM	
12	Pilates	15:00 – 16:00	15:00 – 16:00		16:00-17:00		GYM	
13	ZUMBA	16:00-17:00	17:00-18:00	15:00 – 16:00			GYM	
14	Aerobics							
15	Argentine Tango	17:00-18:30		17:00-18:00			-//-	
16	Yoga	17:00-18:30					-//-	
17	Latin- Bachata -kizomba-Salsa			17:00-18:00			-//-	
18	Modern dancing	13:00 -14:00					-//-	
19	Hip Hop						-//-	
20	break dance						GYM	
21	belly dancing						GYM	
22	Traditional Greek dances	18:00-19:00	16:00-18:00		16:00-17:00 ERASMUS		GYM	
23	Traditional Greek dances		20:00-22:00		21:00-22:30		GYM	
24	Traditional Greek dances				20:00		GYM	
25	kick boxing		20:00-22:00		20:00-22:00		GYM	
26	CAPOEIRA	19:00:-21:30			19:00:-21:30		GYM	
27	Karate	14:00-16:00			15:00-17:00		GYM	
28	Judo		17:00 -18:00			17:00 -18:00	GYM	
23	Kendo (Martial Art)	15:30-17:00					GYM	
30	Archery	12:00-13:00		12:00-13:00			GYM	
31	Baseball		12:00-13:00		12:00-13:00		GYM	
32	Hiking Mt Olympus	23-10-2021 & 03-04-2022 & 6.05.2022						OLYMPUS
33	Rafting – river Aracthos	06-11-2021 & 07-04-2022 & 13-05-2022						ARACTHOS
34	Skiing-Snowboarding (Vasilitsa)	12-02-2022						VASILITSA

35	canoe kayaking	20-05-2022					KERKINI - SERRES
36	Hiking-Kissavos	28-05-2022 Gorge of Calypso - Kissavos					KISSAVOS
37	11 <sup>th</sup> WEEK	FRIDAY 28-05-2022					CENTRAL SQUARE- LARISSA
38	Cross country running	WEDNESDAY 30-03-2022 UTH Gym - Larissa (Gaiopolis).					
39	First Aid Seminar	WEDNESDAY 16 MARCH 2022					UTH GYM
40	Sports Academies University of Thessaly	Tennis	12:00 – 13:00	Dancing - Games	12:00 – 13:00	UTH GYM	TENNIS COURT
41	Goalball	Tuesday 5 April, 11:00 - 13:00					UTH GYM
42	School for referees- Basketball	Participation: to Monday 30/11/2021. Start: Tuesday 30 November 2021, at 15:30, UTH Gym - Gaiopolis					UTH GYM

Undergraduate and postgraduate students of the University of Thessaly, administrative and teaching staff as well as visiting professors and Erasmus incoming students can participate in the sports activities. Registrations can be made during the academic year.

Note: The Physical Education Office can modify the time schedule according to participation as well as any need that may arise.

To issue a membership card you need:

- a) Application form (filled in at the Physical Education Office)
- b) Two ID photos
- c) A photocopy of studies certificate supplied by the secretary of the relevant Department
- d) Certification from a Pathologist or a Cardiologist
- e) Certificate of vaccination or disease, or 2 negative rapid tests/week

Contact: Monday to Friday, at the Physical Education Office, from 09:00 to 14:00

Tel.: 2410684347

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What's Up.6982287089 (George Mpoutlas)

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Responsible Person: George Mpoutlas