

# Physical Education Office – University of Thessaly

## Winter Semester 2022-23 - Timetable

Sports Activities	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL DANCES	19.00 – 21.00			20.30 – 21.30	
YOGA	17.00 – 18.00				20.00 – 21.00
CIRCULAR TRAINING		17.00 – 19.00		17.00 – 19.00	
BOXING		19.00 – 21.00		13.00 – 15.00	
JUDO / SELF-DEFENSE		20.00 – 22.00		20.00 – 22.00	
TRACK			10.00 – 12.00		
BASKETBALL			10.00 – 12.00		

- The Traditional Dances, the Yoga classes and the Boxing classes will be held in the gym of the University of Thessaly (Delmouzos Building, 4th floor –above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.)
- The Judo / Self-defense classes will be held on the 2<sup>nd</sup> floor of the “Vakis Paraskevopoulos” Municipal Gym (Riga Fereou & Gladstonos Str., Volos, 38333).
- The Track and Basketball courses will be held in municipal premises upon prior communication.

### Requirements of participation:

1. Medical Certificate by a cardiologist

2. An ID photo

**Information – Registration:** Tuesday, Wednesday and Friday, from 09:00 to 12:00 at the Physical Education Office (Delmouzos Building, 4th floor –above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.)

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**Priority order will be followed**