

PHYSICAL EDUCATION OFFICE
University of Thessaly

Spring Semester 2022– 2023 Time schedule

Sport 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 – 20.00			18:00-20:00
JUDO / SELF-DEFENSE		20.00 – 22.00		20.00 – 22.00	
BASKETBALL			10.00 – 12.00		

- The Traditional Dances, the Yoga classes, the Circular Training, 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 2nd 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 09:00 – 12:00 at the Physical Education Office (Delmouzos Building, 4th floor – above the Saratsi auditorium- Seafront Complex, Argonafton & Filellinon Str.)

Tel. (+30) 24210-74714, 24210-74848, Tel. & fax: (+30) 24210-74681, e-mail:phag@uth.gr

Priority order will be followed