

UTH Sport Activities - Volos

SS 2017-18

SPORT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEP-AEROBIC	17.30-18.30					
TRADITIONAL DANCES		21.30-22.30		21.30-22.30		
JUDO	20.00-21.30	20.00-21.30				
CIRCUIT TRAINING	15.30-16.30	15.30-16.30	21.00-22.00			
TENNIS	11.00-15.00	11.00-13.00		11.00-15.00	11.00-13.00	
SWIMMING		10.00-12.00		10.00-12.00		
OUTDOOR ACTIVITIES						SKIING, HIKING

Step Aerobics, Judo, Traditional Dances and Circuit Training take place in the University Sports Hall, on the 4th Floor of the Delmouzos Building (Papastratos).

Swimming takes place in the National Swimming Pool (next to the National Stadium-Nea Dimitriada, bus no 3 and 15).

Tennis takes place in the Sports Hall ,Metamorfoseos Str.- G. Dimou Str.

Judo takes place in the Sports Hall ," Vakis Paraskevopoulos" , R. Feraiou Str.- Gladstonos Str).

For more information about the existing program and the new entries you may contact the **Physical Education Office**, which is on 4th floor of the Delmouzos Building, above the Saratsis Amphitheater,

Working Hours: 10.00-13.00

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