



UNIVERSITY OF  
THESSALY

SPORTS EDUCATION OFFICE (VOLOS) – UNIVERSITY OF THESSALY

WINTER SEMESTER 2019 – 2020 TIMETABLE

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPORTS ACTIVITIES						
TENNIS		10:00 – 11:00 11:00 – 12:00		10:00 – 11:00 11:00 – 12:00		
SWIMMING	10:00 – 12:00	10:00 – 12:00	10:00 – 12:00	10:00 – 12:00		
CIRCULAR TRAINING				18:30 – 19:30	19:30 – 20:30	
AEROBICS		17:30 – 18:30				
TRADITIONAL DANCES	21:00 – 22:00	21:00 – 22:00 20:00 – 21:00				
JUDO		19:00 – 20:00		19:00 – 20:00		
SELF-DEFENSE					20:30 – 21:30	
YOGA		18:30 – 19:30		18:00 – 19:00	17:30 – 18:30	
OUTDOOR ACTIVITIES						HIKING SKIING
FOOTBALL					16:00 – 18:00	

- The Aerobics, Circular Training, Traditional Dances, and Yoga classes will take place in the gym class of the University of Thessaly, Delmouzos Building, 4<sup>th</sup> floor (above the Saratsis auditorium).
- The Judo and Self-Defense classes will take place in the “Vakis Paraskevopoulos” gym (Gladstonos and R. Feraiou Str., 2<sup>nd</sup> floor).
  - The Swimming classes will take place in the National Stadium of Volos / EAK (1 Stadiou Str. – Nea Dimitriada, Volos).
  - The Tennis classes will take place in the tennis courts of the Municipality of Volos (67 G. Dimou Str.).

Requirements: 1. Physician’s certification (for the Swimming classes a dermatologist’s and a cardiologist’s certification too)  
2. ID photo.

Information - Registrations: Monday, Wednesday, Thursday and Friday from 10:00 to 13:00, at the Sports Education Office, Delmouzos Building, 4<sup>th</sup> floor (above the Saratsis auditorium). Tel. 24210-74714, 24210-74848, 24210-74713, fax: 24210-74681, e-mail: phag@uth.gr

\* The above-mentioned timetable is about the students and employees of the University of Thessaly in the city of Volos