



UNIVERSITY OF  
THESSALY

**SPORTS EDUCATION OFFICE (LARISSA) – UNIVERSITY OF THESSALY**

**WINTER SEMESTER 2019 – 2020 TIMETABLE**

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SPORTS ACTIVITIES</b>					
<b>GYM</b>	09:00-13:45 15:30-18:45	09:00-13:45 15:30-18:45	09:00-13:45 15:30-18:45	09:00-13:45 15:30-18:45	09:00-13:45 15:00-18:00
<b>PILATES</b>		15:00-16:00		16:00-17:00	
<b>YOGA</b>		17:00-18:30	13:30-15:00		
<b>BASKETBALL (5X5)</b>	16:00-19:00	16:00-19:00 17:00-22:00		16:00-19:00 19:00-22:00	
<b>ARGENTINE TANGO</b>		19:00-20:30			
<b>LATIN – BACHATA – KIZOMBA - SALSA</b>			16:00-17:00		
<b>REGGAETON</b>				16:00-17:00	
<b>MODERN DANCING</b>	16:00-18:00				
<b>BELLY DANCING</b>				17:00-18:00	
<b>HIP HOP</b>	12:00-13:00	14:00-15:00			
<b>BREAKDANCING</b>					14:00-15:30
<b>TRADITIONAL DANCES</b>	15:00-16:00	16:00-18:00		16:00-17:00	



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TRADITIONAL DANCES (FROM PONTOS AREA)		20:00-22:00		20:00-22:00	
ZUMBA	15:00-16:00		15:00-16:00		
POLE DANCING		20:00-22:00		20:00-22:00	
KENDO MARTIAL ART			14:00-16:00		
KARATE	13:00-14:00			14:00-15:00	
KICK BOXING			18:00-19:00		
JUDO		17:00-18:00	17:00-18:00		
CAPOEIRA		15:30-17:00	15:30-17:00		
TAE KWON DO	12:00-14:00				
ARCHERY	12:00-13:00		12:00-13:00		
BASEBALL		12:00-13:00		12:00-13:00	
TENNIS	09:00-18:00	09:00-18:00	09:00-18:00	09:00-18:00	09:00-18:00
TABLE TENNIS	09:00-18:00	09:00-18:00	09:00-18:00	09:00-18:00	09:00-18:00
VOLLEYBALL	18:00-20:00		16:00-20:00	16:00-20:00	14:00-18:00
SEPAK TAKRAW	11:00-13:00		11:00-13:00		
FOOTBALL (5X5)	19:00-22:00	19:00-22:00	19:00-22:00	19:00-22:00	19:00-22:00
FOOTBALL (11X11)	15:00-18:00	15:00-18:00	15:00-18:00	15:00-18:00	15:00-18:00
WOMEN'S FOOTBALL	18:00-19:00		18:00-19:00		
CHESS	10:00-18:00	10:00-18:00	10:00-18:00	10:00-18:00	10:00-18:00
BADMINTON	10:00-18:00			10:00-18:00	10:00-18:00



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### OUTDOOR ACTIVITIES

- Hiking Mount Olympus (19-10-2019 & 11-04-2020)
- Rafting in Arachthos river (09-11-2019 & 08-05-2020)
- Ski-Snowboard (Vasilitsa ski center) (18-01-2020)
  - Canoa Kayak (Kerkini Lake) (22-05-2020)
- Hiking Mount Kissavos (06-06-2020) (Calypso's Canyon)
- First Aid Seminar (06-11-2019) (Gym of the University of Thessaly-Gaiopolis)
- 12 Student Week of athletic and cultural events (29-05-2020) (Central Square of Larissa)

**Requirements:** 1. Application Form (available at the Sports Education Office)

2. Pathologist's or cardiologist's certification

3. Two ID photos.

4. Photocopy of student card or studies certificate

**Information - Registrations:** Every day from 09:00 to 14:00, at the Sports Education Office. Tel. 2410 684347, 6947521370 (What's up), 6982287089 (George Boutlas), e-mail: [boutlas@teilar.gr](mailto:boutlas@teilar.gr)

Site: [sports.teilar.gr](http://sports.teilar.gr)

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