

Weekly Timetable
PHYSICAL EDUCATION OFFICE
Winter Semester 2018 - 2019

Sport Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TENNIS*	10.00- 11.00 11.00- 12.00 12.00- 13.00	12.30-14.30 (free play)	10.00- 11.00 11.00- 12.00 12.00- 13.00	12.30-14.30 (free play)		
SWIMMING		10.00-12.00		10.00-12.00		
CIRCUIT TRAINING			15.30-16.30 (UTH staff) 20.30-22.00			
STEP- AEROBIC	17.30-18.30					
GREEK TRADITIONAL DANCES	21.00 – 22.00	20.00-22.00				
JUDO	20.00 – 21.00	19.30-20.30		19.30-20.30		
YOGA		17.00 -18.00		17.00 – 18.00		
OUTDOOR ACTIVITIES						HIKING SKIING
FOOTBALL					16.00 – 18.00	

- The **Aerobics, Circuit Training, Greek Traditional Dances and Yoga classes** will take place at the gym hall, Delmouzos Building, 4th floor, University of Thessaly (above the Saratsis Auditorium).
- The **Swimming** classes will take place at the Volos Municipal Stadium (1 Stadiou Str., Volos – Nea Dimitriada area).
 - The **Tennis** classes will take place at the Volos Municipal tennis courts, Chiliadou, 67 G. Dimou Str.
 - * **Classes:** 10.00- 11.00 Beginners
 - 11.00- 12.00 Intermediate
 - 12.00- 13.00 Advanced
- The **Judo** classes, for the winter semester, will take place at the indoor Sports Center 'Vakis Paraskevopoulos', (Riga Feraiou & Gladstonos Str.) 2nd floor.

Requirements for the participation in the sports activities: **1.** Health Certificate from a General Physician (for the Swimming classes also a Health Certificate from a Dermatologist and Cardiologist), **2.** One ID photo.

Information - Registrations: Every day 10:00 – 13:00 at the Physical Education Office, Delmouzos Building, 4th floor (above the Saratsis Auditorium).

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