

# Hochschulsport

im Wintersemester 2014/15

| SPORTANGEBOT                | ZEIT                  | ART         |
|-----------------------------|-----------------------|-------------|
| Acro Yoga Workshop          | 15.11.14 und 07.02.15 |             |
| Aerobic                     | Mo 19:00 – 20:30      | Kurs        |
|                             | Do 19:00 – 20:30      | Kurs        |
| Afrikanischer Tanz          | Di 17:30 - 19:00      | Kurs        |
| Aikido                      | Di 20:30 – 22:00      | Kurs        |
| Badminton                   | Mo 17:30 – 19:00      | Treff       |
|                             | Di 16:00 – 17:30      | Treff       |
|                             | Di 20:30 – 22:00      | Training    |
|                             | Mi 16:00 – 19:00      | Treff       |
|                             | Mi 19:00 – 20:30      | Treff       |
|                             | Do 16:00 – 17:30      | Treff       |
|                             | Do 20:30 – 22:00      | Kurs        |
| So 16:00 – 18:00            | Treff                 |             |
| Basketball                  | Mo 17:30 – 19:00      | Treff       |
|                             | Do 19:00 – 20:30      | Kurs        |
| Bauchtanz                   | Do 19:00 – 20:30      | Kurs (w)    |
| Brettspielkultur StuRa      | Mo 18:00 – 20:00      | Treff       |
|                             | Fr 18:00 – 20:00      | Treff       |
| Bridge                      | Mo 17:30 – 18:30      | Treff       |
|                             | Mi 17:00 – 18:30      | Treff       |
| Capoeira                    | Di 20:30 – 22:00      | Kurs (A/F)  |
| Fitness special             | Mo 17:00 – 18:30      | Kurs        |
|                             | Do 15:45 – 17:15      | Kurs        |
| Floorball                   | Di 17:30 – 19:00      | Kurs        |
| Freie Treffzeiten           | Mo – Do 09:00 – 16:00 | Treff       |
|                             | Fr 09:00 – 16:00      |             |
| Funktionelles Krafteraining | Di 16:00 – 17:30      | Training    |
|                             | Do 16:00 – 17:30      | Training    |
| Fußball                     | Mo 16:00 – 17:30      | Treff       |
|                             | Mo 20:30 – 22:00      | Training    |
|                             | Di 17:30 – 19:00      | Treff       |
|                             | Mi 19:00 – 20:30      | Treff       |
|                             | Do 17:30 – 19:00      | Treff (w)   |
|                             | So 16:00 – 18:00      | Treff       |
| Gesellschaftstanz           | Mi 17:30 – 18:45      | Kurs (A)    |
|                             | Mi 18:45 – 20:00      | Kurs (F)    |
| Grenzen erfahren ...        | 28.02. - 07.03.2015   | Exkursion   |
| Handball                    | Di 19:00 – 20:30      | Kurs (w, m) |
| Hip Hop                     | Do 20:30 – 22:00      | Kurs        |
| Housedance                  | Mo 19:00 – 20:30      | Kurs        |
| Inlineskating               | Sa 25.10.14           | Kurs        |
| Jazz Show Dance             | Mo 20:30 – 21:30      | Kurs        |
| Jonglage und Kleinkunst     | Di 20:30 – 22:00      | Treff       |
| Judo                        | Di 19:30 – 21:30      | Kurs (A/F)  |
| Karate                      | Mi 18:45 – 20:15      | Kurs        |
| Kindersport                 | Do 16:00 – 17:30      | Kurs        |
| Klettern                    | Di 19:00 – 20:30      | Kurs (A)    |
|                             | Di 20:30 – 22:00      | Kurs (F)    |
|                             | Do 19:00 – 20:30      | Kurs (A)    |

| SPORTANGEBOT                | ZEIT                               | ART          |
|-----------------------------|------------------------------------|--------------|
| Kraftsport Einweisung       | Termine im Internet                | Kurs         |
| Kraftsport Fitness          | Mo, Di, Do 09:00 – 22:00           | Training     |
|                             | Mi 09:00 – 20:30                   | Training     |
|                             | Fr 09:00 – 21:00                   | Training     |
|                             | So 16:00 – 18:00                   | Training     |
| Kung Fu                     | Di 19:00 – 20:30                   | Kurs (A/F)   |
| Lady Fitness                | Do 19:15 – 20:15                   | Kurs (w)     |
| Latindance                  | Fr 15:30 – 17:00                   | Kurs         |
| Lauftraining Leichtathletik | Mi 19:00 – 20:30                   | Training     |
| Massage                     | Sa 15.11.2014                      | Kurs         |
| Mitarbeitersport            | Termine im Internet                |              |
| Modern Dance Workshop       | 08./15./22./29.11.14 13:00 - 15:00 |              |
| Radsport/Mountainbike       | nach Vereinbarung                  | Treff        |
| OK-Rugby                    | Di 20:00 – 21:30                   | Training     |
| Pilates                     | Mi 18:00 – 19:00                   | Kurs (A)     |
|                             | Mi 19:00 – 20:30                   | Kurs (F)     |
| Powermix                    | Mo 20:30 – 22:00                   | Kurs         |
| Rock 'n' Roll               | Do 19:30 – 21:00                   | Kurs (A/F)   |
| Rückenfit                   | Mo 19:30 – 21:00                   | Kurs         |
| Rückentraining              | Do 18:00 – 19:00                   | Kurs         |
| Salsa                       | Di 18:00 – 19:00                   | Kurs (A)     |
|                             | Di 19:00 – 20:00                   | Kurs (F)     |
| Schneesportcamp Mitarbeiter | 16.01. – 18.01.15                  | Camp         |
| Schneesportcamp Nordic      | 21.02. – 28.02.15                  | Camp         |
| Schneesportcamp Alpin       | 14.03. – 21.03.15                  | Camp         |
| Schwimmen                   | Di 19:00 – 20:00                   | Kurs         |
|                             | Mi 18:00 – 19:00                   | Kurs         |
| Segeln                      | Infoveranst. 28.10.14              | Kurs         |
| Tae Kwon Do                 | Mi 17:30 – 19:00                   | Kurs         |
| Tennis                      | Fr 08:00 – 10:00                   | Training     |
|                             | Fr 10:00 – 11:30                   | Kurs         |
|                             | Fr 11:30 – 13:00                   | Kurs         |
| Tischtennis                 | Mo 19:00 – 20:30                   | Treff        |
|                             | Do 19:00 – 20:30                   | Kurs         |
| Triathlon                   | Infoveranst. 14.10.14              | Training     |
| Ultimate Frisbee            | Mo 22:00 – 24:00                   | Training     |
| Volleyball                  | Mo 16:00 – 17:30                   | Treff        |
|                             | Mo 19:00 – 20:30                   | Training (F) |
|                             | Mi 17:30 – 19:00                   | Treff        |
|                             | Do 17:30 – 19:00                   | Kurs         |
|                             | Do 20:30 – 22:00                   | Training (F) |
| Won Hwa Do                  | Mo 18:30 – 20:00                   | Kurs         |
| Yoga                        | Mo 17:30 – 19:00                   | Kurs         |
|                             | Di 19:00 – 20:30                   | Kurs         |
|                             | Do 16:00 – 17:30                   | Kurs (A)     |
|                             | Do 17:30 – 19:00                   | Kurs (F)     |
|                             | Fr 15:30 – 17:00                   | Kurs (F)     |

**Bitte vor dem erstmaligen Sporttreiben  
im Internet anmelden!**

w = weiblich m = männlich A = Anfänger F = Fortgeschrittene