

UNIVERSITY CAMPUS - SPORTS CENTER

PROGRAMME OF ATHLETIC ACTIVITIES



Courses for beginners, intermediate and advanced players, participating in internal, national and international student championships



AEROBICS



Daily lessons of aerobic gymnastic, with additional elements of tae-bo, kick boxing, dance-step, latin aerobic

TENNIS

Training for runners or for individual improvement of the basic physical condition

TRACK & FIELD

PILATES



Every day classes for pilates in order to improve muscular strength and coordination





TRADITIONAL DANCES



INFORMATION



TRANSPORTATION

BUS **250** Evangelismos metro station (blue line 3) - University Campus -->

Bus Stop: 1st Panepistimioupoli

BUS E90 (Express) Piraeus - University Campus -->

Bus Stop: 1st Panepistimioupoli

ANNOUNCEMENTS - CHAMPIONSHIPS - ACTIVITIES

www.uoa.gr - Students - University Sports Centre

Facebook: www.facebook.com/EKPAgym

Tel: 210 727 5551, -56, -57, - 60

Registrations
every day from Monday to Friday
(10:00am to 13:30pm)
Open hours schedule
from 09:00 am to 18:00 pm
except weekends