

UNIVERSITY GYM SCHEDULE

EVERY WEEK
@University Gym



NATIONAL AND KAPODISTRIAN
UNIVERSITY OF ATHENS

Translation by

 **ESN**
Erasmus Student Network
KAPA Athens



NATIONAL AND KAPODISTRIAN
UNIVERSITY OF ATHENS

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Pilates	10:00-11:00	15:00-16:00	10:00-11:00	10:00-11:00	11:00-12:00
Cross training		10:00-11:00		11:00-12:00	
Step/Dance aerobic(1) Tae Bo(2)/Flowbility(3)/Legs&Abs(4)/Yoga(5)	11:00-12:00(1)	11:00-12:00(3)	11:00-12:00(4)	14:00-15:00(2)	14:00-16:00(5)
	13:00-15:00(5)		14:00-15:00(4)		
Basketball	15:00-18:00	12:00-15:00	12:00-16:00	15:00-18:00	12:00-16:00
Greek traditional dances	11:00-13:00	11:00-13:00	16:00-18:00	11:00-13:00	11:00-13:00
Volleyball		16:00-18:00	16:00-18:00	12:00-13:00	16:00-18:00
Football	10:00-14:00	10:00-14:00	10:00-14:00	10:00-14:00	14:00-18:00
Fit training	9:00-12:00	9:00-13:00	14:00-16:00	10:00-12:00	9:00-13:00
Weights/Chess/Table tennis	Monday to Friday 9:00-18 :00				



NATIONAL AND KAPODISTRIAN
UNIVERSITY OF ATHENS

PILATES



Monday

10:00-11:00

Tuesday

15:00-16:00

Wednesday

10:00-11:00

Thursday

10:00-11:00

Friday

11:00-12:00



NATIONAL AND KAPODISTRIAN
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CROSS TRAINING

Monday

Tuesday

Wednesday

Thursday

Friday

10:00-11:00

11:00-12:00



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AEROBIC

Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Step/Dance aerobic(1)Tae Bo(2)/Flowbility(3)/Legs&Abs(4)/Yoga (5)	11:00-12:00(1)	11:00-12:00(3)	11:00-12:00(4)	14:00-15:00(2)	14:00-16:00(5)
	13:00-15:00(5)		14:00-15:00(4)		



NATIONAL AND KAPODISTRIAN
UNIVERSITY OF ATHENS

BASKETBALL



Monday

Tuesday

Wednesday

Thursday

Friday

15:00-18:00

12:00-15:00

12:00-16:00

15:00-18:00

12:00-16:00



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GREEK TRADITIONAL DANCES

Monday

11:00-13:00

Tuesday

11:00-13:00

Wednesday

16:00-18:00

Thursday

11:00-13:00

Friday

11:00-13:00



NATIONAL AND KAPODISTRIAN
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VOLLEYBALL

Monday

Tuesday

Wednesday

Thursday

Friday

16:00-18:00

16:00-18:00

12:00-13:00

16:00-18:00



NATIONAL AND KAPODISTRIAN
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FOOTBALL

@KAISARIANI STADIUM

Monday

Tuesday

Wednesday

Thursday

Friday

10:00-14:00

10:00-14:00

10:00-14:00

10:00-14:00

14:00-18:00



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FIT TRAINING

Monday

9:00-12:00

Tuesday

9:00-13:00

Wednesday

14:00-16:00

Thursday

10:00-12:00

Friday

9:00-13:00



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WEIGHTS CHESS TABLE TENNIS

Monday

Tuesday

Wednesday

Thursday

Friday

Monday to Friday 9:00-18 :00