

Sports Courses 2018-19 Semester 1

The sports building is open 7 days a week, from 7am to 10:30pm
Le Sports Building est ouvert 7 jours sur 7, de 7h à 22h30

All courses start the September 23, 2018/ Tous les cours commencent le 23 Sept. 2018 .
Certificat médical obligatoire / Medical certificate is mandatory.



		Sunday / Dimanche														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Building	Gym	Body Wake Up Staff							Kettle Bell		Crossfit		HIIT			
	Dance					Spinning Cycling Sp. Aud			Mat Pilates Conditioning		Fitness body shaping* Aleksandra					
	Climbing								Climbing* - Magda							
	Sports Hall							Basketball (F)* - Valerian		Volleyball (Mixed Adv.)* - Atanas		Basketball (M) - Raphael				
	Martial Arts					16h45 Coaching Staff - Julien		Muay-Thai Sp. Aud - Julien		Muay-Thai* - Julien 19h45-21h15						
	Roof							Tennis (Beginner)* - Atanas								
Off campus		Bus at 6pm (From Residence)						Natation* - Alex								
		Monday / Lundi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Building	Gym					Circuit (Staff) - Julien		Fitness Training Sp. Aud - Julien		Sports Conditioning* - Atanas		Coaching Form Student* - Julien				
	Dance									Bootcamp						
	Sports Hall							Football (F)* Private Katie		Badminton* - Alex		Volleyball (Mixed) - Atanas				
	Martial Arts					Tabata Sp. Aud		Self Defense Sp. Aud staff students		19h45 to 21h Circuit* Julien 1h15						
	Roof								Tennis (Intermediate)* - Delphine		Tennis (Advanced)* - Delphine					
Off campus							Football outdoor* - Antoine									
		Tuesday / Mardi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Building	Gym	Body Wake Up Staff				Fitness Training (Staff) - Atanas				Personal Training Student - Atanas						
	Dance							Cardio Dance Fitness* - Aleksandra		Barre Class - Aleksandra		Tabata				
	Climbing								Climbing* - XX							
	Sports Hall								Basketball (G)* - Raphael		Volleyball (F)* - Atanas					
	Martial Arts			Judo Kids 16h to 17h		Akibudo Sp. Aud Staff and Students			Muay-Thai Fitness / Circuit Training Sp. Aud - Julien		Muay-Thai* - Julien					
	Off campus								1h / Aqua Fitness Massingon French Lycée							
Off campus		Bus at 6pm (From Residence)						Paddleboard* - Alex								
		Wednesday / Mercredi														
		7h30-8h30	14h-16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Building	Gym							TRX							Coaching form - Julien	
	Dance							Zumba		19h15-20h15 Spinning / Cycling		Cardio Boxing				
	Sports Hall									Volleyball ADISL or mixed at SUAD - Atanas						
	Sports Hall							Football Indoor* - Antoine		Volleyball (Mixed) - Atanas						
	Martial Arts					Circuit (Staff) - Julien		Circuit Sp. Aud - Julien		19h45-21h15 Circuit - Julien						
Off campus		Bus (From Residence)						ADISL League at NYU, PI, ZU, etc.								
		Thursday / Jeudi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Building	Gym	Body Wake Up Staff														
	Climbing		Period 2 only	Kids 6-7 years old		Kids 7-12 years old			Teens 13-16 years old			Period 2 only				
	Sports Hall					Volleyball kids 10+ - Atanas			Volleyball Expats / Staff							
	Martial Arts			Baby Judo 16h-17h		Judo Adultes Filles Sp. Aud		Judo Mixte Adultes Sp. Aud								
		Friday / Vendredi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Hall		Tennis (4-6) 9:30 to 10:30am				Tennis (7-11) 10:30am to 10:30am				Tennis private course 11:30am to 12:30pm						
Off campus		Ski 9-11am TBC														
		Saturday / Samedi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Climbing		Period 2 only	Kids 6-7 years old 4:00pm to 5:00pm				Kids 7-12 years old 5:30pm to 6:30pm			Teens 13-16 years old 7:00pm to 8:00pm			Periods 1-3			
Sports Hall		Tennis Kids 7-11 years old 10:00am to 11:00am				Teens 12 years old + 11:00am to 12:00pm				Tennis private course 12:00pm to 1:00pm						

Students and Staff are allowed to play Tennis, Badminton, Table-Tennis, Football anytime without coach (Open Practice), by booking the court in advance (at the sports building's reception)

Cours pour le Staff
Staff only courses

Cours pour Sp. Aud (Sport Auditor)
seulement / Sp. Aud only courses

Cours Mixtes / Mixed courses
Women's Men's

Ladies only