

Sports Courses 2018-19 Semester 2

The sports building is open 7 days a week, from 7:00am to 10:30pm

Le Sports Building est ouvert 7 jours sur 7, de 7h à 22h30

All courses start on the 20th January 2019 / Tous les cours commencent le 20 Janvier 2019

Medical certificate is mandatory / Certificat médical obligatoire.

Deadline for "Option" registration is the 10th February 2019 at 12:00pm



		Sunday / Dimanche															
		7h30-8h30	14h 16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30	
Sports Building	Gym	Body Wake-Up (Staff)				Coaching Staff 16h45-Julien		Training 360° - Ellenita									
	Dance							Zumba - Joy			Spinning For All 19h45-Ellenita						
	Climbing								Climbing* - Magda								
	Sports Hall							Football (F)* - Private Katie			Volleyball (Mixed Adv.)* - Atanas		Basketball (G)* - Raphael				
	Martial Arts					Judo kids 17h-18h - Ellenita		Muay-Thai Sp. Aud - Julien			Muay-Thai* 19h45-21h15 - Julien						
	Roof								Tennis (Beginner)* - Atanas								
Off campus		Bus at 18h (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		Crossfit - Ellenita	30'...HIIT - Ellenita	Coaching Form Student - Julien*			
	Dance	Master class 10h-11h30						Fitness body shaping* 18h15-19h45 - Aleksandra									
	Sports Hall								Badminton* - Alex		Volleyball (G) - Atanas						
	Martial Arts				Circuit cardio boxing - Crossfit FLE* - Ellenita			Self defense Sp. Aud staff students			Circuit* 19h45-21h - 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					Spinning / Cycling - Ellenita			Mat Pilates Conditioning - Aleksandra	Barre class - Aleksandra							
	Climbing								Climbing* - Magda								
	Sports Hall								Basketball (G)* - Raphael		Volleyball (F)* - Atanas						
	Martial Arts					Akibudo Sp. Aud Staff and Students - Mélanie			Muay-Thai Fitness / Circuit Training Sp. Aud - Julien		Muay-Thai* - Julien						
	Off campus								1h / Aqua Fitness - Ellenita								
Off campus		Bus at 18h (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 - Ellenita							Coaching Form - Julien	
	Dance				BeFit Class FLE and others* - Ellenita					Bootcamp - Ellenita						
	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		Circuit 19h45-21h15 - 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)														
	Dance	Master class 10h-11h														
	Climbing		Period 2 only	Kids 6-7 years old - Magda	Kids 7-12 years old - Magda			Teens 13-16 years old - Magda			Period 2 only					
	Sports Hall						Volleyball kids 10+ years old - Atanas			Volleyball Expats / Staff						
	Martial Arts			Baby Judo 16h-17h - Ellenita	Judo Adultes Filles - Ellenita			Judo Mixte Adultes - Ellenita								
	Off campus															


		Friday / Vendredi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Sports Hall		Tennis kids 4-6 years old 9h30-10h30 - Delphine			Tennis kids 7-11 years old 10h30-11h30 - Delphine			Tennis private course 11h30-12h30 - Delphine								
Off campus		Ski 9h-11h - TBC														


		Saturday / Samedi														
		7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Climbing	Periods 1-3	Kids 6-7 years old - Magda			Kids 7-12 years old - Magda			Teens 13-16 years old - Magda			Periods 1-3					
Sports Hall		Tennis kids 7-11 years old 10h-11h - Delphine			Teens 12+ years old 11h-12h - Delphine			Tennis private course 12h-13h - Delphine								

Scale session by reservation only. Available every Sunday from 6:00pm to 7:30pm, Monday from 7:00pm to 8:00pm or Wednesday from 9:30pm to 10:30pm

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 possible en Option (noté) / Course possible in Option (graded).

 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