Sports classes - Students & Staff
2022-2023 Semester 1 schedule

The sports building is open 7 days a week, from 7:00am to 10:30pm.
Le bâtiment de Sport est ouvert 7 jours sur 7, de 7h à 22h30.

- Fitness Family
- Climbing
- Racket sports
- Team Sports
- Martial arts
- Women's only all sports
- Outdoor

* Option

Monday/Lundi

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym	Body wake up - Alex																						Fitness training Stud.- Atanas*					
Gym					Gym Coaching STAFF - Julien															Cross training Stud. / SCAP - Julien*								
Climbing Wall									CLIMBING INTERMEDIATE AND ADVANCED OPTION ONLY - Stud. / Staff - Magda + Jane																			
Climbing Wall																	BOULDERING SELF-TRAINING Stud. / Staff											
Dance					Yoga Stud. & Staff-Sundar									Indoor Cycling Stud. /Staff/ SCAP - Ellenita														
Sports Hall																												
Sports Hall											Badminton Stud & staff- Atanas*						Volleyball stud - Atanas*						Futsal Men's Stud. - Antoine*					
Martial Arts																												
Martial Arts							Circuit Cardio Boxing- CrossF - Stud. & Staff - Ellenita*						Muay T - Stud. & Staff - Julien*						Martial Arts Fitness - SELF Stud. /Staff/ SCAP- Ellenita *										
Roof																												
Roof											Basketball women's Stud. & Staff Imane*																	
Outdoor on Campus																												
Off Campus																												

Tuesday/Mardi

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym					Fitness training staff - Atanas														Cross training Stud. - Julien*									
Gym																												
Climbing Wall																					BOULDERING SELF-TRAINING Stud & Staff							
Climbing Wall	14:30-16:00 Bouldering Self-training - Stud./Staff												CLIMBING BEGINNERS AND INTERMEDIATE Stud & Staff															
Dance							Fitness Trampo Stud & Staff- Ellenita						Pilates Stud & Staff - Alexandra															
Sports Hall											Futsal Women's Stud. - Ellenita*																	
Sports Hall																												
Martial Arts												Circuit Training Stud / SCAP -Julien*							Judo Mixed Stud/ Staff/ SCAP - Ellenita*									
Martial Arts																												
Roof																												
Roof											Tennis stud. - Atanas*						Basketball Men's Stud & Staff - Alain*											
Outdoor on Campus																												
Off Campus	Water Sport 6h30 to 8:30 - Julien																											

Wednesday/Mercredi

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym					Gym Coaching women's Stud & Staff Ellenita*						Fitness training stud - Atanas*													circuit T staff&stud ski erg rowing julien				
Gym																												
Climbing Wall					WOMEN ONLY - STUDENTS AND STAFF BEGINNERS AND INTERMEDIATE CLIMBING						CLIMBING INTERMEDIATE AND ADVANCED OPTION ONLY Stud & Staff																	
Climbing Wall																	BOULDERING SELF-TRAINING Stud & Staff											
Dance					Yoga Stud. & Staff-Sundar							Befit Stud & Staff - Ellenita *							Trampo Fitness Stud/ Staff/ SCAP- Ellenita				Table Tennis Stud & Staff- Atanas*					
Sports Hall																												
Sports Hall											Basketball women's Stud. & Staff Imane*						Volleyball Stud. - Atanas*											
Martial Arts																												
Martial Arts					Circuit Training staff - Julien						Circuit Training Stud & Staff - Julien *							Muay Thaï Stud. / SCAP -Julien*									
Roof																												
Roof																												
Outdoor on Campus																												
Off Campus																												

Thursday/Jeudi

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym	Body wake up - Alex				Cross training Staff - Julien							Gym coaching Stud - Julien *							Cross Traning stud. - Julien *									
Gym																												
Climbing Wall	14:30-16:00 CLIMBING BOULDERING SELF-TRAINING Stud & Staff											CLIMBING BOULDERING SELF-TRAINING Stud & Staff																
Climbing Wall																												
Dance							Indoor Cycling Stud.& Staff - Ellenita						Yoga Stud. & Staff-Sundar															
Sports Hall																												
Sports Hall					Multi sports staff - Atanas						Futsal women's Stud. - Ellenita *												STUD STAFF BB Men's Alain*					
Martial Arts					Pilates Stud & Staff - Alexandra													Judo Women's Stud.& Staff- Ellenita *							JJB JUDO Ground Stud & staff - Ellenita			
Martial Arts																												
Roof																												
Roof											Tennis stud. - Atanas*						Futsal Stud & Staff - Antoine*											
Outdoor on Campus																												
Off Campus																												

Friday/Vendredi

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym																												
Gym																												
Climbing Wall	14:30-16:00 Bouldering Self-training - Stud./Staff																											
Climbing Wall																												
Dance																												
Sports Hall																												
Sports Hall																												
Martial Arts																												
Martial Arts																												
Roof																												
Roof																												
Outdoor on Campus																												
Off Campus	Water Sport 6h30 to 8:30 - Julien																											

Saturday/Samedi

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym																												
Gym																												
Climbing Wall	14:30-16:00 Bouldering Self-training - Stud./Staff									Bouldering Self-training - Stud./Staff																		
Climbing Wall																												
Dance							Table Tennis Stud / Staff						Table Tennis Stud / Staff						Table Tennis Stud / Staff									
Sports Hall																	Badminton stud / Staff						Badminton stud / Staff					
Sports Hall	Tennis Club																											
Martial Arts																												
Martial Arts																												
Roof							team sport						team sport						team sport									
Roof	Tennis Club																											
Outdoor on Campus																												
Off Campus																												

Sunday/Dimanche

Sports Building	7:00am-8:00am	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
Gym																												
Gym																												
Climbing Wall	14:0 0-16:00 Bouldering Self-training - Stud./Staff									Bouldering Self-training - Stud./Staff																		
Climbing Wall																												
Dance							Table Tennis Stud / Staff						Table Tennis Stud / Staff						Table Tennis Stud / Staff									
Sports Hall																	Badminton stud / Staff							Badminton stud / Staff		
Sports Hall	Tennis Club																											
Martial Arts																												
Martial Arts																												
Roof							team sport						team sport						team sport									
Roof	Tennis Club																											
Outdoor on Campus																												
Off Campus																												