**Working hours of Sports Center**

Monday-Friday 7:30 a.m. - 10:00 p.m.
 Saturday 9:00 a.m. - 6:00 p.m.

**Schedule for Fall, 2025**

Universal hall

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00-9:40 | Volleyball class | Basketball class | Free time | Basketball class | Volleyball class | Free time |
| 10:00-11:40 | Free time | Free time | Free time | Free time | Free time | Free time |
| 12:00-13:40 | Badminton class | Ping-Pong class | Free time | Ping-Pong class | Badminton class | Free time |
| 14:00-15:40 | Badminton class | Ping-Pong class | Free time | Ping-Pong class | Badminton class | Volleyball team |
| 16:00-17:40 | Free time | Ping-Pong team | Free time | Ping-Pong team | Free time |
| 18:00-20:00 | Basketball team | Volleyball team | SC event | Volleyball team | Basketball team |  |
| 20:00-22:00 | Free time | Free time | Free time | Free time |

Cardio hall

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00-9:40 | Free time | Free time | Free time | Free time | Free time | Free time |
| 10:00-11:40 | Fitness class | Core first class | Fitness class | Core first class | Fitness class | Fitness class |
| 12:00-13:40 | CrossFit class | Fitness class | Free time | Fitness class | CrossFit class | Free time |
| 14:00-15:40 | Free time | CrossFit class | Free time | CrossFit class | Free time | Free time |
| 16:00-17:40 | Cardio class | Strong N class | Free time | Strong N class | Cardio class | Free time |
| 18:00-22:00 | Free time | Free time | Free time | Free time | Free time |  |

Free weights gym

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00-9:40 | Free time | Free time | Free time | Free time | Free time | Free time |
| 10:00-11:40 | Fitness class | Core first class | Fitness class | Core first class | Fitness class | Fitness class |
| 12:00-13:40 | CrossFit class | Fitness class | Free time | Fitness class | CrossFit class | Free time |
| 14:00-15:40 | Free time | CrossFit class | Free time | CrossFit class | Free time | Free time |
| 16:00-17:40 | Cardio class | Strong N class | Free time | Strong N class | Cardio class | Free time |
| 18:00-22:00 | Free time | Free time | Free time | Free time | Free time |  |

Aerobics hall

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00-9:40 | Body Flex class | Body Flex class | Free time | Body Flex class | Body Flex class | Free time |
|  10:00-11:40 | Step aerobics class | Mind Body class | Free time | Mind Body class | Step aerobics class | Free time |
| 12:00-13:40 | Pilates class | Pilates class | Free time | Pilates class | Pilates class | Free time |
| 14:00-15:40 | Yoga class | Mind Body class | Yoga class | Mind Body class | Yoga class | Yoga class |
| 16:00-17:40 | Yoga class | Free time | Free time | Free time | Yoga class | Free time |
| 18:00-22:00 | Free time | Free time | Free time | Free time | Free time |  |

Football Field

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 8:00-9:40 | Football class | Football class | Football class | Football class | Free time | Free time | Free time |
| 10:00-11:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 12:00-13:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 14:00-15:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 16:00-17:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 18:00-20:00 | Free time | Free time | SC event | Free time | Free time | Free time | Free time |
| 20:00-22:00 | Football team | Valkyrie team | Valkyrie team | Football team | Free time | Free time |
| 22:00-00:00 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |

Basketball court

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 8:00-9:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 10:00-11:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 12:00-13:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 14:00-15:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 16:00-17:40 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 18:00-20:00 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 20:00-22:00 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 22:00-00:00 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |