

STUDENT SPORTS

YEAR 2025/2026

	FITNESS (BL k.25)	ZUIDERPARK SPORTS CAMPUS	PABO (BL 0.02) (THUAS main building)	EXTRA CLINICS	SWIMMING
MONDAY	09.00 – 22.00		17.30 – 18.30 Yoga 18.30 – 19.30 Total Body Workout		07.00 – 08.30 Zwembad Overbosch
TUESDAY	09.00 – 22.00		17.30 – 18.30 Yoga 19.00 – 20.30 Boxing		12.00 – 13.00 Zwembad Overbosch
WEDNESDAY	09.00 – 22.00	18.00 – 20.00 Football 19.00 – 21.00 Volleyball	19.00 – 20.00 Zumba 20.00 – 21.00 Yoga		07.00 – 08.30 Zwembad De Houtzagerij 20.30 – 22.00 Zwembad Het Hofbad
THURSDAY	09.00 – 22.00		17.30 – 18.30 Total Body Workout 18.30 – 19.30 Yoga	Pole Dance*	10.00 – 13.00 Zwembad Het Zuiderpark
FRIDAY	09.00 – 18.00	17.00 – 19.00 Basketball 19.00 – 21.00 Volleyball 18.00 – 20.00 Badminton	17.00 – 18.30 Wing Chun Self-Defense		07.00 – 08.30 Zwembad De Houtzagerij
SATURDAY	Closed				12.00 – 13.00 Zwembad Het Zuiderpark
SUNDAY	Closed	11.30 – 13.30 Basketball 11.30 – 13.30 Badminton			09.30 – 11.30 Zwembad Het hofbad

EXTRA INFORMATION:

* Pole dance clinics: 5x weeks starting on February 26th . Location: Tarwekamp 73, 2592 XH, The Hague

ZUIDERPARK SPORTS CAMPUS:

Meester P. Drooglever Fortuynweg 22, 2533 SR, The Hague

VERSION 6.1

January
2026

CAMPUS
STUDENT LIFE & SPORTS



THE HAGUE
UNIVERSITY OF
APPLIED SCIENCES