

# SPORTS SCHEDULE

**YEAR 2022/2023**

	FITNESS	SPORTS HALL	PABO	External Location
<b>MONDAY</b>	11.00 – 22.00	17.30 – 19.30 Basketball 19.30 – 21.00 Volleyball	17.30 – 18.30 Yoga 18.30 – 19.30 Dance/Step	
<b>TUESDAY</b>	11.00 – 22.00	17.30 – 19.30 Football 19.30 – 21.00 Badminton	17.30 – 19.00 Capoeira 19.00 – 20.30 Boxing	
<b>WEDNESDAY</b>	11.00 – 22.00	17.30 – 19.00 Badminton 19.00 – 21.00 Football	18.00 – 19.00 Pump 19.00 – 20.00 Zumba 20.00 – 21.00 Yoga	
<b>THURSDAY</b>	11.00 – 22.00	17.30 – 19.30 Basketball 19.30 – 21.00 Volleyball	18.30 – 19.30 Total Body Workout	17.30 – 18.45 Aerial Hoop
<b>FRIDAY</b>	11.00 – 20.00		17.30 – 19.00 Boxing	
<b>SATURDAY</b>	11.00 – 17.00	11.30 – 14.00 Basketball 11.30 – 14.00 Volleyball	10.30 – 11.30 Yoga	

## EXTRA INFORMATION:

- **Aerial Hoop:** 5 weeks between May 4<sup>th</sup> – June 8<sup>th</sup>. Location: Tarwekamp 73, The Hague.
- **Capoeira:** Classes between April 18<sup>th</sup> – June 20<sup>th</sup>.

VERSION 1.6

April 12<sup>th</sup>,  
2023

**CAMPUS**  
STUDENT LIFE & SPORTS



**THE HAGUE**  
UNIVERSITY OF  
APPLIED SCIENCES