

SPORT



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OPEN HOUSE WEEK 23/9 - 26/9

MONDAY SEPTEMBER 23TH

Basketball	Weekly session / recreational	18.00 - 19.30	GUSB hall 2
Combat	Lessons	21.00 - 22.00	HILO big hall
Ninjutsu (Bujinkan)	Weekly session / initiation and advanced	18.30 - 20.00	GUSB hall 4
Pilates	Lessons	20.00 - 21.00	HILO big hall
Waterpolo	Weekly session / initiatie en training	21.30 - 22.45	GUSB swimming pool
Hatha Yoga	Lessons	19.00 - 20.00	HILO big hall



DURING THE OPEN HOUSE WEEK, ALL LESSONS ARE DIVIDED INTO SHORT INITIATIONS OF 30 MINUTES EACH.

OPEN HOUSE WEEK 23/9 - 26/9

TUESDAY SEPTEMBER 24TH

B.B.B	Lessons	20.00 - 21.00	HILO big hall
Crosstraining	Lessons	19.00 - 20.00	HILO big hall
Hockey	Weekly session / initiation	20.30 - 22.00	GUSB hall 1
Hockey	Weekly session / advanced	21.30 - 23.00	GUSB hall 1
Judo	Weekly session / competition training	20.00 - 21.30	GUSB hall 4
Karate	Weekly session / initiation and advanced	19.00 - 20.30	GUSB hall 2
Futsal	Weekly session / recreational	23.30 - 22.00	GUSB hall 2
Music Body Workout	Lessons	21.00 - 22.00	Hilog big hall
Poweryoga	Lessons	18.30 - 19.30	GUSB hall 4
Salsa	Lessons / beginners	19.00 - 20.00	GUSB hall 5
Salsa	Lessons / semi-advanced	20.00 - 21.00	GUSB hall 5
Volleyball	Weekly session / recreational	19.00 - 20.30	GUSB hall 1



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OPEN HOUSE WEEK 23/9 - 26/9

WEDNESDAY SEPTEMBER 25TH

Basketball	Weekly session / recreational	17.00 - 18.30	GUSB hall 2
Futsal	Weekly session / recreational	18.30 - 20.00	GUSB hall 2
Ninjutsu (Bujinkan)	Weekly session / initiation and advanced	18.30 - 20.00	GUSB hall 4
Swimtraining	Weekly session / training	21.00 - 22.00	GUSB swimming pool



DURING THE OPEN HOUSE WEEK, ALL LESSONS ARE DIVIDED INTO SHORT INITIATIONS OF 30 MINUTES EACH.

OPEN HOUSE WEEK 23/9 - 26/9

THURSDAY SEPTEMBER 26TH

Badminton	Lessons / beginners	19.00 - 20.15	Hilo big hall
Badminton	Lessons / advanced recreational	20.15 - 21.30	Hilo big hall
Badminton	Lessons / competition training	21.30 - 23.00	Hilo big hall
Karate	Weekly session / initiation and advanced	19.30 - 21.00	GUSB hall 2
Futsal	Weekly session / recreational	18.00 - 19.30	GUSB hall 2
Shinkendo	Weekly session / initiation and advanced	20.30 - 22.30	GUSB hall 4
Self Defence	Weekly session	18.30 - 20.30	GUSB hall 4



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