

UM SPORT lesrooster Universitair Sportcentrum

geldig vanaf 4 februari 2019

	Tijd	Activiteit	Ruimte
Maandag	# 8:30 9:30 ● Body & Mind Mix Nieuw!	BMS	
	# 11:30 12:30 ● Strength & Conditioning	EH	
	# 15:30 17:00 ● Zaalvoetbal	SH	
	# 16:00 16:50 ● Spinning	SS	
	# 16:00 17:00 ● Hatha Yoga	BMS	
	# 16:45 17:45 ● Box-it	ES	
	# 17:00 18:30 ● Badminton (nieuw max. 24)	SH1	
	# 17:00 18:30 ● Basketbal	SH2	
	# 17:15 18:05 ● Spinning	SS	
	# 17:15 18:15 ● Zumba	EH	
	# 17:45 19:00 ■C Hatha Yoga cursus	BMS	
	# 18:00 18:45 ● Circuit Training	ES	
	# 18:00 20:00 ►■C Women On Weights (level 1)	GYM	
	# 18:15 19:15 ● Powerkick	EH	
	# 18:30 19:20 ● Spinning	SS	
	# 18:30 20:00 * Handbal Manos	SH	
	# 19:00 20:30 *● Karate Kinran	ES	
	# 19:30 20:30 ● ClubPower	EH	
	# 19:45 20:35 ● Spinning	SS	
	# 20:00 23:30 * Volleybal Fyrfad	SH	
	# 20:45 22:45 * Cheerleading UM Cheerleading Team	ES	
# 20:45 22:45 * Turnen Saturnus	EH		
# 21:15 22:15 * Dansen Let's Dance!	BMS		
# 21:30 23:00 * Squash it Up UM	SQC		
Dinsdag	# 7:15 8:00 ● Spinning	SS	
	# 8:30 10:30 * Turnen Saturnus	EH	
	# 11:30 12:30 ● Strength & Conditioning	EH	
	# 12:00 13:00 ■C Hatha yoga break cursus	BMS	
	# 16:00 17:00 ● Power Yoga	ES	
	# 16:30 17:15 ● Core & More	EH	
	# 16:30 17:20 ● Spinning	SS	
	# 16:30 18:00 ● Zaalvoetbal	SH	
	# 17:15 18:00 ● Circuit Training	ES	
	# 17:30 18:30 ● ClubPower	EH	
	# 17:30 19:00 ■C Zelfverdediging voor vrouwen	BMS	
	# 17:45 18:35 ● Spinning	SS	
	# 18:00 19:30 * Basketbal Maastricht Knights	SH1	
	# 18:15 19:15 ● Box-it	ES	
	# 18:45 19:30 ● HIIT Strength	EH	
	# 19:00 19:50 ● Spinning	SS	
	# 19:15 20:15 ● Body & Mind Mix	BMS	
	# 19:30 21:00 ● Krav maga	ES	
	# 19:30 23:30 * Volleybal Fyrfad	SH	
	# 19:45 21:30 * Badminton Heep	EH	
	# 20:00 20:45 ■C Squash cursus	SQC	
# 20:15 21:15 * Spinning SSV - Dutch Mountains	SS		
# 20:30 21:30 ■C Schaken cursus	BMS		
# 20:30 23:30 * Schaken MUCC	BMS		
# 20:45 21:30 * Squash cursus Squash it Up	SQC		
# 21:00 22:30 ● Muay thai	ES		
# 21:30 22:15 ■C Squash cursus	SQC		
# 21:30 23:00 ● Volleybal	EH		
Woensdag	# 11:30 12:30 ● Strength & Conditioning	EH	
	# 12:30 13:00 SEN Senior Unihockey	SH	
	# 13:00 14:30 * Basketbal Maastricht Knights	SH1	
	# 13:00 15:00 * Wielrennen Dutch Mountains	OD	
	# 15:00 17:00 * Wielrennen Dutch Mountains	OD	
	# 16:00 16:50 ● Spinning	SS	
	# 16:00 17:00 ● Hatha Yoga	BMS	
	# 16:15 17:15 ● Zumba	EH	
	# 16:30 18:00 ● Badminton	SH	
	# 16:30 18:00 ● Tafeltennis	ES	
	# 17:15 18:05 ● Spinning	SS	
	# 17:15 18:15 ● Powerkick	EH	
	# 17:30 18:30 ● Body & Mind Mix	BMS	
	# 17:30 19:00 ● Unihockey	SH2	
	# 18:00 19:30 * Basketbal Maastricht Knights	SH1	
	# 18:00 19:30 * Cheerleading UM Cheerleading Team	ES	
	# 18:00 20:00 ►■C Women On Weights (level 1)	GYM	
	# 18:30 19:20 ● Spinning	SS	
	# 18:30 19:30 ● ClubPower	EH	
	# 18:45 19:45 * Body & Mind Mix Stoked	BMS	
	# 19:00 20:30 * Zaalvoetbal DBSV Red Socks	SH	
# 19:00 21:00 ►■C Olympisch gewichtheffen	GYM		
# 19:15 20:00 ■C Squash cursus	SQC		
# 19:45 20:45 ● Box-it	ES		
# 19:45 20:45 ● Strength & Conditioning	EH		
# 20:00 21:00 ● Body & Mind Mix Nieuw!	BMS		
# 20:30 22:00 * Handbal Manos	SH		
# 20:45 23:00 * Squash it Up UM	SQC		
# 21:00 22:00 ● Dancehall	ES		
# 21:00 23:00 * Turnen Saturnus	EH		
# 22:00 23:30 ● Volleybal Nieuw!	SH		

	Tijd	Activiteit	Ruimte
Donderdag	# 11:30 12:20 ● Spinning	SS	
	# 16:00 17:00 ● Power Yoga	ES	
	# 16:15 17:15 ● ClubPower	EH	
	# 16:30 18:00 ● Zaalvoetbal	SH	
	# 17:15 18:15 ● Box-it Nieuw!	ES	
	# 17:30 18:15 ● Core & More	EH	
	# 17:30 18:20 ● Spinning	SS	
	# 17:30 19:30 ►■C Women On Weights (level 2)	GYM	
	# 18:00 19:30 * Handbal Manos	SH	
	# 18:30 19:15 ● Circuit Training	ES	
	# 18:30 19:15 ■C Squash cursus	SQC	
	# 18:30 21:00 * Schermen Mas Incontro	EH	
Vrijdag	# 19:00 19:50 ● Spinning	SS	
	# 19:00 20:15 ■C Hatha Yoga cursus	BMS	
	# 19:00 21:00 ►■C Olympisch gewichtheffen	GYM	
	# 19:30 21:00 ● Muay thai	ES	
	# 19:30 23:30 * Volleybal Fyrfad	SH	
	# 20:30 22:00 * Karate Kinran	BMS	
	# 21:00 22:30 ● Boksen	ES	
	# 21:00 23:00 *● Badminton Heep + inloop	EH	
	# 8:30 9:30 ● ClubPower	EH	
	# 11:30 12:30 ● Strength & Conditioning	EH	
	# 16:00 16:50 ● Spinning	SS	
	# 16:00 17:30 ● Tafeltennis	ES	
# 16:30 18:00 * Basketbal Maastricht Knights	SH1		
# 17:15 18:05 ● Spinning	SS		
# 18:00 19:30 ● Zaalvoetbal	SH		
# 18:15 19:15 ● Strength & Conditioning	EH		
# 18:30 19:30 ● Body & Mind Mix	BMS		
# 18:30 19:30 ● Zumba Nieuw!	ES		
# 18:30 20:45 * Squash it Up UM	SQC		
# 19:30 21:00 * Zaalvoetbal DBSV Red Socks	SH		
# 19:30 23:00 * Cheerleading UM Cheerleading Team	EH		
# 19:45 20:45 ● Box-it	ES		
# 21:00 22:30 * Basketbal Maastricht Knights	SH1		
# 21:00 23:00 ● Basketbal	SH2		
Zaterdag	# 10:15 11:15 ● Workout Mix	EH	
	# 10:15 11:45 ● Basketbal	SH1	
	# 10:15 11:45 ● Volleybal	SH2	
Zondag	# 10:30 11:20 ● Spinning	SS	
	# 11:30 12:30 ● ClubPower	EH	
	# 10:15 11:15 ● ClubPower	EH	
# 11:00 11:50 ● Spinning	SS		
# 11:30 12:15 ● HIIT Strength	EH		
# 15:00 16:00 ● Strength & Conditioning	EH		
# 17:30 19:30 * Badminton Heep	EH		
# 18:00 19:30 ● Zaalvoetbal	SH		

Voor het In-Gym programma check het UM SPORT Extra's rooster!

Legenda	
■C	= Inschrijfactiviteit = Basic lidmaatschap + extra inschijfgeld
►	= Gym lidmaatschap
●	= Inloopactiviteit = Sports lidmaatschap
*	= Studenten Sport Vereniging
○	= Boulder access en/of klimvaardigheidsbewijs vereist
⊙	= 15 minuten van tevoren aanwezig in de zaal
#	= Maximum aantal deelnemers
SEN	= Alleen voor senioren
EMP	= Alleen voor medewerkers (UM, MUMC)
BMS	= Body & Mind Studio
EH	= Exercise Hall
ES	= Exercise Studio
GYM	= Fitness ruimte
OD	= Outdoor
SS	= Spinning Studio
SH	= Sports Hall (SH1 + SH2)
SH1	= Sports Hall 1
SH2	= Sports Hall 2
SQC	= Squashbaan