

Sportaanbod UM SPORTS 2018-2019

geldig vanaf 4 februari 2019

	lidm.	type	symp	Studentensportvereniging	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag	Locatie
Atletiek	sports	inloop	●	Uros		19:00-20:30						Sportpark Jekerdal
	sports	ssv	*			19:00-20:30		19:00-20:30				Sportpark Jekerdal
American Football	sports	ssv	*	Wildcats		20:15-22:15			19:30-21:30			Sportpark West
Badminton	sports	inloop	●	Heep	17:00-18:30		16:30-18:00	21:00-23:00				USC SH/EH
	sports	ssv	*			19:45-21:30		21:00-23:00			17:30-19:30	USC EH
Basketbal	sports	inloop	●		17:00-18:30				21:00-23:00	10:15-11:45		USC SH
	sports	ssv	*	Maastricht Knights		18:00-19:30	13:00-14:30		16:30-18:00			USC SH
	sports	ssv	*	Maastricht Knights			18:00-19:30		21:00-22:30			USC SH
Boardsports	sports	ssv	*	Stoked Maastricht			18:45-19:45		facebook.com/stokedmaastricht			USC BMS
Body & Mind Mix	sports	inloop	●	max. 25 deelnemers	08:30-09:30	19:15-20:15	17:30-18:30		18:30-19:30			USC BMS
	sports	inloop	●	max. 25 deelnemers			20:00-21:00					USC BMS
Boksen	sports	inloop	●	max. 40 deelnemers				21:00-22:30				USC ES
Boulderen	sports	inloop/ssv	○●*	MaaSAC	zie UM SPORT Extra of website: www.maassac.nl, www.maastrichtuniversity.nl/sport of klimposter							USC CW/Radium
Box-it	sports	inloop	●	max. 32 deelnemers	16:45-17:45	18:15-19:15	19:45-20:45	17:15-18:15	19:45-20:45			USC ES
Cheerleading	sports	ssv	*	UM Cheerleading Team	20:45-22:45		18:00-19:30		19:30-23:00			USC ES/EH
Circuit Training	sports	inloop	●	max. 32 deelnemers	18:00-18:45	17:15-18:00		18:30-19:15				USC ES
ClubPower	sports	inloop	●	Ma-do: max.52, vrij-zo: max.30	19:30-20:30	17:30-18:30	18:30-19:30	16:15-17:15	8:30-9:30	11:30-12:30	10:15-11:15	USC EH
Core & More	sports	inloop	●			16:30-17:15		17:30-18:15				USC EH
Dancehall	sports	inloop	●				21:00-22:00					USC ES
Dancing Choreo	sports	ssv	*	Let's Dance!	21:15-22:15							USC BMS
Dancing Salsa	sports	ssv	*	Let's Dance!			19:30-22:30		check website: www.msdlvetsdance.nl			Dansschool Reality
Dancing Latin / Ballroom	sports	ssv	*	Let's Dance!				20:00-23:00				Danscentrum Bernaards
Fitness	gym	gym	▶	In-gym training zie UM SPORT Extra	07:00-23:00	07:00-23:00	07:00-23:00	07:00-23:00	07:00-23:00	10:00-20:00	10:00-20:00	USC GYM
Golf	basic	ext. act	■C		zie website: www.golfenophetrijck.nl							Golfbaan Rijk van Margraten
	sports	ssv	●*	SGV	zie website: www.sgvmaastricht.nl							Golfbaan Rijk van Margraten
Handbal	sports	ssv	*	Manos	18:30-20:00		20:30-22:00	18:00-19:30				USC SH
Hardlopen	sports	ssa	*	Uros		19:00-20:30		19:00-20:30				Sportpark Jekerdal
	sports	walk-in	●			19:00-20:30						Sportpark Jekerdal
HIIT Strength	sports	inloop	●	max. 50 deelnemers		18:45-19:30					11:30-12:15	USC EH
Hockey	sports	ssv	*	MSHC	20:45-22:15			20:45-22:15				Sportpark Geusselt
Karate	sports	inloop	●		19:00-20:30							USC ES
	sports	ssv	*	Kinran	19:00-20:30			20:30-22:00				USC ES/BMS
Klimmen	sports	inloop/ssv	○●*	MaaSAC	zie UM SPORT Extra of website: www.maassac.nl, www.maastrichtuniversity.nl/sport of klimposter							USC CW/I-Vy, Sittard
Korfbal	sports	ssv	*	De Hippo's	21:00-22:30							Sportpark Geusselt
Krav Maga	sports	inloop	●	max. 40 deelnemers		19:30-21:00						USC ES
Lacrosse	sports	ssv	*	MaasIax	19:45-21:45		19:30-21:30					Sportpark West
Muay Thai / Kickboksen	sports	inloop	●	max. 40 deelnemers		21:00-22:30		19:30-21:00				USC ES
Olympisch Gewichtheffen	Gym	cursus	▶■C				19:00-21:00	19:00-21:00				USC GYM
Powerkick	sports	inloop	●		18:15-19:15		17:15-18:15					USC EH
Roeien	sports	ssv	*	Saurus	zie website: www.msrvsaurus.nl							Botenhuis Saurus
Rugby	sports	ssv	*	Maraboes/Ma.R.Grieten		18:45-20:45		20:00-22:00				Sportpark West
Schaken	sports	ssv	*	Maastricht University Chess Club		20:30-23:30						USC BMS
	basic	cursus	■C			20:30-21:30						USC BMS
Schermen	sports	ssv	*	Mas Incontro				18:30-21:00				USC EH
Senior Unihockey	sports	inloop	SEN				12:30-13:00					USC SH
Spinning	sports	inloop	●	max. 35 deelnemers	16:00-16:50	07:15-08:00	16:00-16:50	11:30-12:20	16:00-16:50	10:30-11:20	11:00-11:50	USC SS
	sports	inloop	●	max. 35 deelnemers	17:15-18:05	16:30-17:20	17:15-18:05	17:30-18:20	17:15-18:05			USC SS
	sports	inloop	●	max. 35 deelnemers	18:30-19:20	17:45-18:35	18:30-19:20	19:00-19:50				USC SS
	sports	inloop	●	max. 35 deelnemers	19:45-20:35	19:00-19:50						USC SS
	sports	ssv	*	Dutch Mountains		20:15-21:15						USC SS
Squash	basic	cursus	■C			20:00-20:45	19:15-20:00	18:30-19:15				USC SQC
	basic	cursus	■C			21:30-22:15						USC SQC
	sports	ssv	*	Squash it Up UM	21:30-23:00	20:45-21:30(cursus)	20:45-23:00		18:30-20:45			USC SQC
Strength & Conditioning	sports	inloop	●		11:30-12:30	11:30-12:30	11:30-12:30		11:30-12:30		15:00-16:00	USC EH
	sports	inloop	●				19:45-20:45		18:15-19:15			USC EH
Tafeltennis	sports	inloop	●				16:30-18:00		16:00-17:30			USC ES
Tennis	basic	cursus	■C		zie website: www.maastrichtuniversity.nl/sport							Tennispark Geusselt
	sports	ssv	*	Stennis	zie website: www.mstvtennis.nl							Tennispark Geusselt
Triatlon	sports	ssv	*	Ferro Mosae	zie website: www.ferromosae.nl							Sportpark Jekerdal
Turnen	sports	ssv	*	Saturnus	20:45-22:45	8:30-10:30	21:00-23:00					USC EH
Ultimate Frisbee	sports	inloop/ssv	●					19:00-21:00				Sportpark VV SCM
	sports	ssv	*	Ultimaas	zie website: www.maastrichtuniversity.nl/sports							Sportpark VV SCM/Belfort
Unihockey	sports	inloop	●				17:30-19:00					USC SH
	sports	ssv	*	DBSV Red Socks dames		20:30-22:00		20:30-22:00				DBSV Heugem
Voetbal	sports	ssv	*	DBSV Red Socks heren		20:30-22:00		20:30-22:00				DBSV Heugem
	sports	inloop	●			21:30-23:00	22:00-23:30			10:15-11:45		USC EH/SH
Volleybal	sports	ssv	*	Fyrfad	20:00-23:30	19:30-23:30		19:30-23:30				USC SH
	sports	ssv	*	Waterproof Students	19:00-20:30		20:15-21:45					Geusseltbad
Wielren Training	sports	ssv	*	Dutch Mountains			12:30-14:30					USC OD
	sports	ssv	*	Dutch Mountains			14:30-16:30		zie website: www.dm-maastricht.nl			USC OD
Women on Weights	Gym	cursus	▶■C		18:00-20:00		18:00-20:00	17:30-19:30				USC GYM
Workout Mix	sports	inloop	●							10:15-11:15		USC EH
Yoga	basic	cursus	■	Hatha Yoga	17:45-19:00	12:00-13:00		19:00-20:15				USC BMS
	sports	inloop	●	Hatha Yoga: max. 25 deelnemers	16:00-17:00		16:00-17:00					USC BMS
	sports	inloop	●	Power Yoga: max. 50 deelnemers		16:00-17:00		16:00-17:00				USC ES
Zaalvoetbal	sports	inloop	●	max. 24 deelnemers	15:30-17:00	16:30-18:00		16:30-18:00	18:00-19:30		18:00-19:30	USC SH
	sports	ssv	*	DBSV Red Socks			19:00-20:30		19:30-21:00			USC SH
Zeilen	sports	ssv	*	Lagakari	zie website: www.lagakari.nl							Grindgat Portofino
Zelfverdediging (vrouwen)	basic	cursus	■C			17:30-19:00						USC BMS
Zumba	sports	inloop	●		17:15-18:15		16:15-17:15					USC EH
	sports	inloop	●						18:30-19:30			USC ES
Zwemmen	basic	ritten	◇		zie website: www.maastrichtuniversity.nl/sport of de zwem flyer							Geusseltbad
	sports	ssv	*	Tiburón	21:30-22:30	19:30-20:45		20:00-21:15				Geusseltbad

ssv * = studenten sportvereniging
inloop ● = groepsles, training of spel

cursus ■C = activiteit met inschrijving, bijbetaling en specifieke data

ritten ◇ = aanschaffen bij UM Sport, opladen bij het zwembad

ritten ■ = aanschaffen bij UM SPORT, opwaarderen bij zwembad

access ○ = boulder access en/of klimvaardigheidsbewijs vereist

▶ = Gym lidmaatschap

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

USC = Universitair Sportcentrum, P. Debyeplein 15, Maastricht
Voor adresgegevens overige locaties zie: www.maastrichtuniversity.nl/sport