



Sportgruppe am KIT e.V.



sportgruppe.eu

Department		What?	When?		Where?
Aikido		Aikido	Wed Fri	20.30 – 22.00 (youth, adults) 20.00 – 21.30 (youth, adults)	Uebelhörhalle, Leopoldshafen
		Self-protection and self-defense	Tue Fri Fri	16.00 – 17.30 (children) 16.00 – 17.30 (youth) 20.00 – 21.30 (adults)	Halle B, Eggenstein Halle B, Eggenstein Uebelhörhalle, Leopoldshafen
		AROHA®	Mon	18.30 – 19.30	FTU, KIT CN
		Qigong	Wed	17.00 – 17.45	FTU, KIT CN
		Tai-Chi	Wed	17.45 – 20.00	FTU, KIT CN
		Yoga	Tue Fri	12.00 – 13.00 12.00 – 13.00	FTU, KIT CN FTU, KIT CN
Badminton		Badminton	Tue	16.30 – 18.00	Halle B, Eggenstein
Basketball		Basketball	Tue	18.00 – 20.00	Halle B, Eggenstein
Fitness	Basic schedule	Body-Fit	Mon	12.00 – 13.00	FTU, KIT CN
		Monday Runners	Mon	17.00 – 18.30	Meeting place: stairs at FTU
		Fitness-Gymnastics	Tue	18.15 – 19.45	FTU, KIT CN
		Fit 4 Work	Wed	7.45 – 8.45	FTU, KIT CN
		Rückenfit (Back fitness)	Wed	12.00 – 13.00	FTU, KIT CN
		Athletics Men (60+)	Wed	15.30 – 16.30	FTU, KIT CN
		Donnerstagsgymnastik	Thu	17.15 – 18.15	FTU, KIT CN
	Special schedule	Power-Fit	Mon	17.00 – 18.15	FTU, KIT CN
		Coretraining	Thu	16.00 – 17.00	FTU, KIT CN
		Zumba® Fitness	Thu Thu	12.00 – 13.00 18.30 – 19.30	FTU, KIT CN
Yoga Course	Hatha Yoga	Mon Wed	18.00 – 19.30 17.00 – 18.30	MED, KIT CN	
Football		Football (Soccer)	Tue Thu	18.00 – 20.00 18.00 – 20.00	Sports ground Schröcker Tor (on the edge of the forest)
Prevention		Gymnastics	Mon	18.45 – 19.45	Lindenschule, Eggenstein
		Walking	Wed Wed Sat	17.00 (Summer) 15.45 (Winter) 15.30	The bridge across Pfinzkanal between Eggenstein and Leopoldshafen on the edge of the forest
		Nordic Walking	Fri	9.00	See above
Skiing		Ski gymnastics	Fri	18.00 – 19.00	Halle A, Eggenstein
Scuba Diving		Diver training (also courses)	Tue	19.45 – 21.30	Fächerbad Karlsruhe
Tennis		tc-leopoldshafen.de Just for fun or for competition, old or young, you can play tennis on our courts with feel-good factor. Intensive training for youth with professional trainers. Taster courses.			Tennis courts Hafenterrain 2, Leopoldshafen
Table Tennis		Table tennis	Mon	18.00 – 20.00	Halle B, Eggenstein
Volleyball		Volleyball	Wed Fri	19.30 – 22.00 20.00 – 22.00	Halle B, Eggenstein

Further information and contact see sportgruppe.eu