Sportgruppe am KIT e.V.

sportgruppe.eu

Department		What?	When?	Where?
Aikido		Aikido	Wed 20.30 – 22.00 (youth, adults) Fri 20.00 – 21.30 (youth, adults)	Uebelhör Hall, Leopoldshafen
		Self-protection and self-defense	Tue 16.00 – 17.30 (children) Fri 16.00 – 17.30 (youth) Fri 20.00 – 21.30 (adults)	Sports Hall B, Eggenstein
		AROHA®	Mon 18.45 – 19.45	FTU, KIT CN
		Qigong	Wed 17.00 – 17.45	FTU, KIT CN
		Tai-Chi	Wed 17.45 – 20.00	FTU, KIT CN
		Yoga	Tue 12.00 – 13.00 Fri 12.00 – 13.00	FTU, KIT CN
Badminton		Badminton	Tue 16.30 – 18.00	Sports Hall B, Eggenstein
Basketball		Basketball	Tue 18.00 – 20.00	Sports Hall B, Eggenstein
Fitness	Basic schedule	Body-Fit	Mon 12.00 – 13.00	FTU, KIT CN
		AAA (All but Aerobics)	Mon 16.00 – 17.00	FTU, KIT CN
		Fitness-Gymnastics	Tue 18.15 – 19.45	FTU, KIT CN
		Fit 4 Work	Wed 7.45 – 8.45	FTU, KIT CN
		Back fitness	Wed 12.00 – 13.00	FTU, KIT CN
		Athletics Men (60+)	Wed 15.30 – 16.30	FTU, KIT CN
		Thursday Gymnastics	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 12.00 – 13.00 Thu 18.30 – 19.30	FTU, KIT CN
	Yoga Course	Hatha Yoga	Mon 18.00 – 19.30 Wed 17.00 – 18.30	MED, KIT CN
Football		Football (Soccer)	Tue 18.00 – 20.00 Thu 18.00 – 20.00	Sports ground Schröcker Tor (on the edge of the forest)
Prevention		Gymnastics (70+)	Mon 18.45 – 19.45	Lindenschule, Eggenstein
		Walking	Wed 15.30 Uhr Sat 15.30 Uhr	The bridge between Eggenstein and Leopoldshafen on the edge of the forest
		Nordic Walking	Fri 9.00 Uhr	See above
Skiing		Ski gymnastics	Fri 18.00 – 19.00	Sports Hall A, Eggenstein
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	Sports Hall B, Eggenstein
Volleyball		Volleyball	Wed 19.30 – 22.00 Fri 20.00 – 22.00	Sports Hall B, Eggenstein Uebelhör Hall, Leopoldshafen

Further information and contact see sportgruppe.eu

As of October 2026