

Volleyball

Volleyball players of all ages and abilities are always welcome to join us. The volleyball team is a mixed team and plays at hobby or recreational level. We also take part in tournaments if there are enough people interested.

Wed 19:30 - 22:00 Sports hall B, Eggenstein 6

Fri 20:00 - 22:00 H.-Uebelhör-Hall, Leo 4

Frank Becker
Tel. 0721-608-23401
frank.becker@kit.edu

Anyone who enjoys participating in sports activities with friends can become a member in our club.

Sports office
buero@sportgruppe.eu

Address
Sportgruppe am KIT e.V. (SG KIT)
Hermann-von-Helmholtz-Platz 1
76344 Eggenstein-Leopoldshafen



Table Tennis

You can play with us just for fun or compete with players from other company sports teams in competitions in the company round .
All levels of play are welcome.

Mon 18:00 – 20:00
Sports hall B, Eggenstein 6

Iwiza Tesari
Tel. 0721-608-25880
iwiza.tesari@kit.edu



Ski

We train general fitness throughout the year to maintain our flexibility and stamina when skiing and in all other areas of life.

Ski gymnastics Fri 18:00 – 19:00
Sports hall A, Eggenstein 6

Rolf Simon r.simon@kit.edu
or Karin Knebel karin.knebel@kit.edu



Scuba Diving

A beginner's course will open up the underwater world to newcomers. For advanced divers we offer all specialty courses, including Nitrox, up to gold diver.
All the necessary equipment is available.
Diving in the local lakes is fun, but the diving trips to the Mediterranean are always a highlight.
We conclude the evening with a social get-together in our diver's meeting place, Haid- und Neu-Straße 1.

Tue 19:45 - 21:30
Fächerbad Karlsruhe 7

tauchen@sportgruppe.eu



Tennis

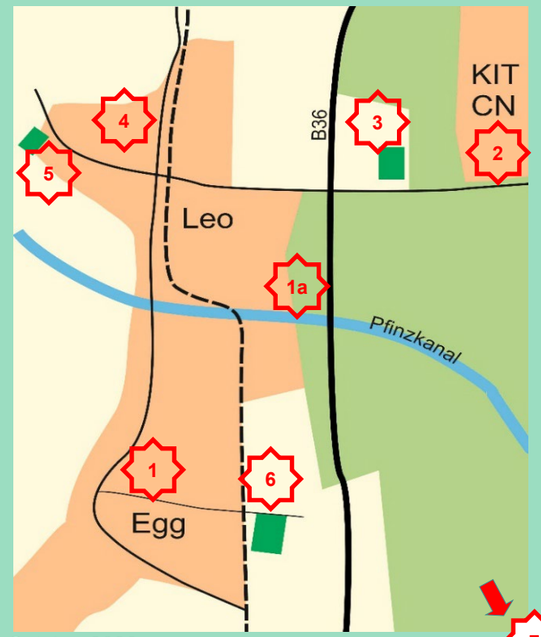
We offer amateur and competitive sports for young and old on our feel-good tennis courts. Intensive youth work with professional coaches, taster training for all levels and many social events are part of our offer.
We play all year round at the tennis facility Hafenterrain 2, Leopoldshafen with its own indoor tennis hall for winter training and clubhouse.

Bettina Schlenker
Tel. 07247-22322
vorsitz@tc-leopoldshafen.de
www.tc-leopoldshafen.de 5

Short information on Sportgruppe am Karlsruher Institut für Technologie e.V. (SG KIT)

www.sportgruppe.eu
A wide range for all.

You can find us here!



October 2026 7

Aikido



We offer **self-defence** (SV), **fitness** and **relaxation**. SV includes the Japanese martial art of **Aikido**, in which the opponent's force is redirected into circular movements, and "**Self-Protection and Self-Defence**" with simple techniques under realistic practical conditions.
Aroha® is a full-body workout with lively movements in ¾ time.
Qigong and **Tai Chi** are Chinese forms of meditation, concentration and movement.
Yoga consists of postures (asanas) with tensing and releasing as well as breathing exercises.

Aikido
Wed 20:30 – 22:00 H.-Uebelhör-Hall, Leo
Fri 20:00 – 21:30 H.-Uebelhör-Hall, Leo

4

Self-Protection and Self-Defence
Tue 16:00 – 17:30 Sports hall B, Egg.
Fri 16:00 – 17:30 Sports hall B, Egg.
Fri 20:00 – 21:30 Sports hall B, Egg.

6

Aroha® Mon 18:45 – 19:45
Qigong Wed 17:00 – 17:45
Tai-Chi Wed 17:45 – 20:00

2

Yoga Tue 12:00 – 13:00, Fri 12:00 – 13:00
all in the gym at KIT/FTU

Günter Rinke
Tel. 07244-6098920
info@aikido-leopoldshafen.de
www.aikido-leopoldshafen.de

Badminton



is the fastest ball sport in the world. A smash ball from a good player can easily reach over 300 km/h. Altough badminton is all about skill and speed, it is easy to learn and even complete beginners can join in the game in no time at all.

Tue 16:30 – 18:00
Sports hall B, Eggenstein

6

Stefan Knaak
Tel: 0721-608-24893
vorstand.badminton@sportgruppe.eu
https://badminton.sportgruppe.eu

Basketball



We are a recreational team where the fun of the game takes centre stage. Anyone interested is welcome to come along at any time during training or contact Elias Hamann in advance. We are happy about every new player.

Tue 18:00 – 20:00
Sports hall B, Eggenstein

6

Elias Hamann
Tel: 0721-608-28659

Fitness



A wide range of health-orientated fitness classes for beginners, those returning to work-out, and sports enthusiasts.

Body-Fit	Mon	12:00 – 13:00
AAA (All but Aerobics)	Mon	16:00 – 17:00
Power-Fit	Mon	17:15 – 18:30
Fitness-Gymnastics	Tue	18:15 – 19:45
Fit4Work	Wed	7:45 – 8:45
Rückenfit (Back Fitness)	Wed	12:00 – 13:00
Athletics Men 60+	Wed	15:30 – 16:30
zumba® Fitness	Thu	12:00 – 13:00
	Thu	18:30 – 19:30
Coretraining	Thu	16:00 – 17:00
Donnerstagsgymnastik	Thu	17:15 – 18:15

All activities take place in the gym at KIT/FTU.

2

Ulrike Stegmaier
Tel. 0721-608-24981
ulrike.stegmaier@kit.edu

Football (Soccer)



Enthusiastic footballers of all ages and professions enjoy the game without a strict training programme.

Friendly matches with other recreational teams are organised in preparation for participation in tournaments.
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Tue and Thu 18:00 – 20:00
Sports ground at Schröcker Tor
(in winter with floodlight)

3

fussball@sportgruppe.eu

Prevention



Gymnastics	Mon	18:45 – 19:45 Lindenschule, Eggenstein
Walking	Wed	15:30
	Sat	15.30
Nordic Walking	Fri	9:00 Pfinzkanal bridge at the edge of the forest

1

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Ursula Rattke
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