

Students' sport lessons are for free !

FITNESS SUITE

Study Year 2021/2022 (from 1 January 2022)

Weekday	Time	Type of Session (Fitness)
Monday	17.10 18.15 19.15	Therapeutic Exercise Functional Training Pilates
Tuesday	16.00 – 17.00	Circuit Training
Wednesday	18.15	Body toning/ steps

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