

WHERE DO THE COURSES TAKE PLACE?

1 FOOTSTEPS

(Heinrich-Roller-Str. 15, 10405 Berlin)

2 Marshallstraße/Spiegelsaal

(Marshallstr. 3, 14169 Berlin)

3 FU-Sportraum

(Fabeckstr. 34-36, 14195 Berlin)

4 FU-Dojo Lankwitz

(Malteserstr.74-100 Haus F, 12249 Berlin)

5 FU-Sporthalle Lankwitz

(Malteserstr. 74-100 / building F, 12249 Berlin)

6 Gail S. Halvorsen Schule

(Im Gehege 6, 14195 Berlin)

7 Ernst-Reuter-Sportfeld

(Onkel-Tom-Straße 40, 14163 Berlin)

8 FU-Sporthalle Dahlem

(Königin-Luise-Str. 47, 14195 Berlin)

9 Droste Hülshoff Schule

(Schönower Str. 8, 14165 Berlin)

10 Hermann Ehlers Schule

(Elisenstr. 3-4, 12169 Berlin)

Welcome@UniSport

be active – get connected



DANCING

	TIME	LOCATION
Ballett (english)	Sunday 5:30-7:00 pm	1
Brasilian Dance	Friday 11:30-12:45 pm	3
Dance Cond. (english)	Monday 7:00-8:00 pm	1
Dancehall	Saturday 6:30-8:00 pm	3
Irish Dance	Tuesday 6:00-7:00 pm	1
Musical Dance (women only)	Friday 7:30-9:00 pm	3
Oriental Dance (women only)	Wednesday 4:30-6:00 pm	2
Ballroom Dancing	Tuesday 6:30-8:00 pm	2

BODY & MIND

Feldenkrais	Monday 5:30-7:00 pm	3
Meditation	Friday 10:00-11:30 am	3
Qigong	Monday 4:00-5:30 pm	6
Yoga Hatha	Monday 10:00-11:30 am	2
Yoga (for pregnant women)	Thursday 10:00-11:30 am	3

FITNESS

Fitnessstraining (condition)	Thursday 8:00-9:30 pm	9
Fit-Mix	Tuesday 7:00-8:30 pm	5
	Friday 4:00-5:30 pm	6
Zumba	<i>several, check out our website!</i>	
Partner acrobatics	Friday 7:00-8:30pm	6

TEAM SPORT

Basketball	Friday 6:30-8:00 pm	9
Basketball (advanced)	Sunday 12:30-2:00 pm	8
Floorball	Friday 7:00-8:30 pm	8
Hockey	Monday 7:30-9:00 pm	8
American Football	Monday 5:30-7:30pm	7
Volleyball	Friday 8:30-10:00 pm	8
Ultimate Frisbee	Saturday 6:00-7:30pm	8

MARTIAL ARTS

Muay Thai (Boxing)	Monday 5:30-7:00 pm	4
(advanced)	Tuesday 8:30-10:00 pm	4
	Thursday 7:00-8:30 pm	4
(advanced)	Thursday 8:30-10:00 pm	4
Brazilian Jiu Jitsu (advanced)	Wednesday 7:00-8:30 pm	4
Grappling	Wednesday 7:00-8:30 pm	4
Taekwon-Do	Wednesday 8:00-9:30 pm	10

REFUGEES WELCOME@UNISPORT

Sport brings people together.

At its best, it contributes to their empowerment, health and happiness, breaking down barriers, building trust and community spirit. The University Sports Service contribute to regional integration by offering selected courses free of charge for refugees!



**A REGISTRATION ISN'T NECESSARY.
GO THERE - SIGN UP - HAVE FUN!**

HOW MUCH DOES IT COST?

Only your motivation ;-) A registration isn't necessary. Just write your name on the course-list and you can participate free of charge!

CONTACT US

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