



Stay fit and active during the cold season with University Sports in the winter semester 2024/25!

HSP courses taught in English:

Climbing:

- Boulder Beginner International Class, Tuesday 10:00-11:30
- Boulder Compact Course Level Up for Internationals, November 30, 2024
- Climbing for Beginners, Tuesday 16:15-17:45

Yoga:

- Yoga Flow Intermediate, Thursday 8:30-10:00
- Hatha Yoga for Beginners, Monday 8:30-10:00
- Holistic Yoga for Beginners & Advanced, Thursday 19:30-21:00
- Power Yoga, Friday 8:30-10:00

Most of our courses are easy to follow even if taught mainly in German (and many of our trainers are capable to convey essential information in English as well).

If a course is taught only in German and therefore not suitable for non German speakers, it is explicitly stated in the course description.

Please check course descriptions for details and specific participation requirements!

Online registration starts on Tuesday, October 15, 2024 at 17:00.

Our course program starts on Monday, October 21, 2024.

Please check out the University Sports Center (HSP) website for more information on our new course program, terms of participation and how to register:

<https://uni-tuebingen.de/en/facilities/central-institutions/university-sports-center/home/>