



## **Join University Sports in the winter semester 2025/26!**

### **HSP courses taught in English:**

#### **Climbing:**

- Boulder Beginner International Class, Tuesday 10:00-11:30

#### **Dance:**

- Indian Dance, Wednesday 21:00-22:00

#### **Yoga:**

- Cyclic Meditation & Hatha Yoga, Wednesday 20:30-22:00
- Power Yoga, Thursday 20:15-21:45
- Yoga Flow Intermediate, Tuesday 20:00-21:30

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 participants who are not proficient in German, it is indicated explicitly in the course description.

**Please check course descriptions for details and specific participation requirements!**

**Online registration starts on Tuesday, October 14, 2025, staggered from 17:00. Our course program starts on Monday, October 20, 2025.**

**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/>