

Other Sports Programs

AIKIDO (Dormitories Sports Hall)
Tuesday, Friday: 7:30–9:00 p.m.

BALLROOM AND LATIN DANCING (Dormitories Sports Hall)
Tuesday: 7:40–8:30 p.m. Salsa (Beginner)
8:40–9:30 p.m. Argentine Tango (Beginner)
9:40–10:30 p.m. Argentine Tango (Intermediate)

FENCING (Dormitories Sports Hall)
Tuesday: 6:00–7:30 p.m. (Beginner),
Thursday: 6:00–7:30 p.m. (Intermediate–Advanced)

FIT–BOXING (Main Sports Hall)
Monday, Wednesday, 7:45–9:15 p.m. (Beginner–Intermediate)

KARATE (Dormitories Sports Hall)
Thursday: 7:30–9:00 p.m.
Saturday: 1:00–2:30 p.m.

KENDO (Main Campus Sports Hall)
Monday, Wednesday: 7:00–8:30 p.m.

TAEKWONDO (Dormitories Sports Hall)
Monday: 7.30–9.00 p.m.

WING–TSUN (Main Sports Hall)
Monday, Wednesday: 5:45–7:15 p.m.

BADMINTON (Main Sports Hall)
Sunday: 12:00–1:30 p.m.

TABLE TENNIS (Main Sports Hall)
Monday, Wednesday: 6:00–7:30 p.m. (Intermediate)
Wednesday: 4:00–5:30 p.m. (Beginner)

TURKISH FOLK DANCE (Main Sports Hall)
Tuesday: 7:00–8:30 p.m.

Tennis Courses–Weekly Program

Day&Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:10 a.m–11:40 a.m	Intermediate		Beginner	Beginner	Intermediate		
12:10 noon–1:40 p.m	Beginner		Intermediate	Intermediate	Beginner	Intermediate	
2:20 p.m–3:50 p.m						Beginner	
2:00 p.m–3:30 p.m		Beginner					
4:00 p.m–5:30 p.m		Intermediate		Beginner			Advanced
6:00 p.m–7:30 p.m		Beginner		Intermediate			

Squash Courses–Weekly Program

Day&Time	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00 p.m.–3:30 p.m.			Beginner			Beginner
4:00 p.m.–5:30 p.m.	Beginner	Beginner				
6:00 p.m.–7:30 p.m.	Beginner	Beginner	Intermediate	Beginner	Advanced	Beginner
8:00 p.m.–9:30 p.m.		Beginner		Beginner		

Bilkent University Sports Events and Tournaments “SPORTS AS A WAY OF LIFE” FALL SEMESTER, 2020

Republic Run, Zumba Fitness, Strong Nation Masterclass, Fit Challenge, Swim Challenge,
Racket Sports Festival (Badminton, Table Tennis, Squash, Tennis)

Note: Undergraduate students can participate in all programs free of charge.

**Bilkent
Üniversitesi**

**Beden Eğitimi
ve Spor Merkezi
Bahar Yarıyılı
Spor Programları**

**Bilkent
University**

**Physical Education
and Sports Center
Spring Semester
Sports Programs**

**Beden Eğitimi ve Spor Merkezi /
Physical Education and Sports Center**

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Yurtlar Spor Salonu / Dormitories Sports Hall

Pazartesi Stretching	17:40–18:30	Monday Stretching
Salı Pilates Yoga	16:40–17:30 18:00–19:00	Tuesday Pilates Yoga
Çarşamba Pilates Total Body Shape	17:40–18:30 19:00–19:50	Wednesday Pilates Total Body Shape
Perşembe Strong Nation Leg Workout	17:40–18:30 19:00–19:50	Thursday Strong Nation Leg Workout
Cuma Zumba Yoga	17:40–18:30 19:00–20:00	Friday Zumba Yoga
Cumartesi Zumba	11:00–11:50	Saturday Zumba
Pazar Yoga	11:00–11:50	Sunday Yoga

Merkez Spor Salonu / Main Sports Hall

Pazartesi Total Body Shape	17:40–18:30	Monday Total Body Shape
Salı Zumba Yoga	17:40–18:30 17:45–19:15	Tuesday Zumba Yoga
Çarşamba Total Body Shape	17:40–18:30	Wednesday Total Body Shape
Perşembe Zumba Aero HAT Yoga	17:40–18:30 19:00–19:50 17:45–19:15	Thursday Zumba Aero HAT Yoga
Cuma Total Body Shape	17:40–18:30	Friday Total Body Shape

Diğer Spor Programları

AIKIDO (Yurtlar Spor Salonu)
Salı, Cuma: 19:30–21:00

ESKRİM (Yurtlar Spor Salonu)
Salı: 18:00–19:30 (Başlangıç)
Perşembe: 18:00–19:30 (Orta–İleri)

EŞLİ DANSLAR (Yurtlar Spor Salonu)
Salı: 19:40–20:30 Salsa (Başlangıç)
20:40–21:30 Arjantin Tango (Başlangıç)
21:40–22:30 Arjantin Tango (Orta)

FIT–BOXING (Merkez Spor Salonu)
Pazartesi, Çarşamba: 19:45–21:15 (Başlangıç–Orta)

HALK OYUNLARI (Merkez Spor Salonu)
Salı: 19:00–20:30

KARATE (Yurtlar Spor Salonu)
Perşembe: 19:30–21:00
Cumartesi: 13:00–14:30

KENDO (Merkez Spor Salonu)
Pazartesi, Çarşamba: 19:00–20:30

TAEKWONDO (Yurtlar Spor Salonu)
Pazartesi: 19:30–21:00

WING–TSUN (Merkez Spor Salonu)
Pazartesi, Çarşamba: 17:45–19:15

BADMİNTON (Merkez Spor Salonu)
Pazar: 12:00–13:30

MASA TENİSİ (Merkez Spor Salonu)
Pazartesi, Çarşamba: 18:00–19:30 (Orta)
Çarşamba: 16:00–17:30 (Başlangıç)

Tenis Haftalık Programı

Gün ve Saat	Pazartesi	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
10:10–11:40	Orta		Başlangıç	Başlangıç	Orta		
12:10–13:40	Başlangıç		Orta	Orta	Başlangıç		
12:20–13:50						Orta	
14:20–15:50						Başlangıç	
14:00–15:30		Başlangıç					
16:00–17:30		Orta		Başlangıç			İleri
18:00–19:30		Başlangıç		Orta			

Squash Haftalık Programı

Gün ve Saat	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
14:00–15:30			Başlangıç			Başlangıç
16:00–17:30	Başlangıç	Başlangıç				
18:00–19:30	Başlangıç	Başlangıç	Orta	Başlangıç	İleri	Başlangıç
20:00–21:30		Başlangıç		Başlangıç		

Bilkent Üniversitesi Spor Şenlikleri ve Turnuvalar “SPOR YAŞAMDIR” 2020 GÜZ DÖNEMİ
Cumhuriyet Koşusu, Zumba Fitness, Strong Nation Masterclass, Fit Challenge, Swim Challenge,
Raket Sporları Şenliği (Badminton, Masa Tenisi, Squash, Tenis)

Not: Lisans öğrencileri programlara ücretsiz katılabilir.