

Other Sports Programs

Dormitories Sports Hall

AIKIDO

Tuesday, Thursday: 7:30-9:00 p.m.

BALLROOM AND LATIN DANCING

Tuesday: 6:40-7:30 p.m. Salsa (Beginner)
7:40-8:30 p.m. Argentino Tango (Beginner)
8:40-9:30 p.m. Argentino Tango (Intermediate)

FENCING

Monday, Thursday: 6:30-8:00 p.m.

JUDO

Monday, Wednesday: 7:30-9:00 p.m.

TAEKWONDO

Monday, Wednesday: 5:30-7:00 p.m.

Tennis Courses-Weekly Program

Day&Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m.-11:00 a.m.		Intermediate	Beginner		Beginner		
11:00 a.m.-12:30 noon		Beginner					
12:30 noon-2:00 p.m.						Intermediate	
2:00 p.m.-3:30 p.m.	Beginner			Beginner	Beginner	Beginner	
2:30 p.m.-4:00 p.m.		Beginner					
3:30 p.m.-5:00 p.m.				Intermediate	Beginner		
4:00 p.m.-5:30 p.m.	Intermediate	Intermediate	Intermediate				Advanced
5:30 p.m.-7:00 p.m.	Beginner						

Squash Courses-Weekly Program

Day&Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30 noon-1:00 p.m.							Beginner
1:30 p.m.-3:00 p.m.	Beginner			Beginner	Beginner		
4:30 p.m.-6:00 p.m.		Beginner	Beginner				
5:30 p.m.-7:00 p.m.						Beginner	Beginner
6:00 p.m.-7:30 p.m.		Beginner	Beginner	Beginner	Intermediate		

"SPORTS AS A WAY OF LIFE" FALL SEMESTER, 2023

Republic Run, Zumba Master Class, Yoga Master Class, Poundfit, Fit / Swim Challenge,
"Bilkent Sports Games" Badminton-Squash- Swimming-Table Tennis-Tennis-Track and Field-Rowing Weeks,
Basketball Tournaments (5X5) / (3X3), Cycling Tour, Football Tournaments (MEN) (Mini Fields), Trekking, Volleyball Tournaments (4x4)

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

Main Sports Hall

FIT-BOXING

Monday, Wednesday: 7:40-9:10 p.m.(Beginner-Intermediate)

BADMINTON

Friday: 4:00 – 5:30 p.m.
Sunday: 10:30 a.m.-12:00 noon

TABLE TENNIS

Tuesday, Thursday: 5:30-7:00 p.m. (Beginner)
7:00-8:30 p.m. (Intermediate-Advanced)

TURKISH FOLK DANCE

Tuesday, Thursday: 6:00-7:30 p.m.

KENDO

Wednesday, Friday: 6:00-7:30 p.m.

Bilkent Üniversitesi

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

Kayıtlar:
20 Eylül – 1 Ekim

Kurs Tarihleri:
2 Ekim – 10 Aralık

Bilkent University

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

Registrations:
September 20 – October 1

Course Dates:
October 2 – December 10

Beden Eğitimi ve Spor Merkezi

Physical Education and Sports Center

Tel.: (312) 290 1993 / (312) 290 1325 **Faks:** (312) 266 4267

E-mail: spor@bilkent.edu.tr, sporyasamdir@bilkent.edu.tr

www.spor.bilkent.edu.tr

Yurtlar Spor Salonu / Dormitories Sports Hall

Pazartesi
Tae-Bo/Hat
Stretching

17:40-18:30
18:40-19:30

Salı
Yoga

18:40-19:30

Çarşamba
Zumba
Yoga

17:40-18:30
18:40-19:30

Perşembe
Zumba
Yoga

17:40-18:30
18:40-19:30

Cuma
Tae-Bo/Hat

18:40-19:30

Cumartesi
Zumba
Yoga

10:00-10:50
11:00-12:00

Pazar
Yoga

11:00-12:00

Monday
Tae-bo / Hat
Stretching

Tuesday
Yoga

Wednesday
Zumba
Yoga

Thursday
Zumba
Yoga

Friday
Tae-Bo/Hat

Saturday
Zumba
Yoga

Sunday
Yoga

Merkez Spor Salonu / Main Sports Hall

Pazartesi
Pilates
Zumba

12:00-12:50
17:40-18:30

Salı
Zumba
Yoga

12:00-12:50
12:00-13:00

Çarşamba
Stretching
Fit and Fun

12:00-12:50
17:40-18:30

Perşembe
Zumba
Yoga

12:00-12:50
12:00-13:00

Cuma
Pilates
Fit and Fun

12:00-12:50
17:40-18:30

Monday
Pilates
Zumba

Tuesday
Zumba
Yoga

Wednesday
Stretching
Fit and Fun

Thursday
Zumba
Yoga

Friday
Pilates
Fit and Fun

Diğer Spor Programları

Yurtlar Spor Salonu

AIKIDO

Salı, Perşembe: 19:30-21:00

ESKRİM

Pazartesi, Perşembe: 18:30-20:00

EŞLİ DANSLAR

Salı: 18:40-19:30 Salsa (Başlangıç)
19:40-20:30 Arjantin Tango (Başlangıç)
20:40-21:30 Arjantin Tango (Orta)

JUDO

Pazartesi, Çarşamba: 19:30-21:00

TAEKWONDO

Pazartesi, Çarşamba 17:30-19:00

Tenis Haftalık Programı

Gün ve Saat	Pazartesi	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
09:30-11:00		Orta	Başlangıç		Başlangıç		
11:00-12:30		Başlangıç					
12:30-14:00						Orta	
14:00-15:30	Başlangıç			Başlangıç	Başlangıç	Başlangıç	
14:30-16:00		Başlangıç					
15:30-17:00				Orta	Başlangıç		
16:00-17:30	Orta	Orta	Orta				İleri
17:30-19:00	Başlangıç						

Squash Haftalık Programı

Gün ve Saat	Pazartesi	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
12:30-14:00							Başlangıç
13:30-15:00	Başlangıç			Başlangıç	Başlangıç		
16:30-18:00		Başlangıç	Başlangıç				
17:30-19:00						Başlangıç	Başlangıç
18:00-19:30		Başlangıç	Başlangıç	Başlangıç	Orta		

"SPOR YAŞAMDIR" 2023 GÜZ DÖNEMİ

Cumhuriyet Koşusu, Zumba Master Class, Yoga Master Class, Poundfit, Fit / Swim Challenge,
"Bilkent Spor Oyunları" Atletizm-Badminton-Squash-Kürek-Masa Tenisi-Tenis-Yüzme Haftaları, Basketbol Turnuvası (5X5) / (3X3),
Bisiklet Turu, Doğa Yürüyüşü, Futbol Turnuvası (Erkek) (Halı Saha), Voleybol Turnuvası (4x4)

Not: Lisans öğrencileri programlara ücretsiz katılabilir.