

## Other Sports Programs

### Dormitories Sports Hall

#### AIKIDO

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

#### BRAZILIAN JIU-JITSU

Monday, Wednesday, Thursday: 11:45-1:15 p.m.

#### BALLROOM AND LATIN DANCING

Tuesday: 7:00-7:50 p.m. Salsa (Beginner)

8:00-8:50 p.m. Argentino Tango (Beginner)

9:00-9:50 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.			Beginner		Beginner		
11:00 a.m.-12:30 noon		Beginner					
12:00 noon-1:30 p.m.	Beginner		Beginner				
12:30 noon-2:00 p.m.		Beginner			Intermediate	Intermediate	
1:30 p.m.-3:00 p.m.	Beginner		Intermediate				
2:00 p.m.-3:30 p.m.				Beginner	Beginner	Beginner	
3:30 p.m.-5:00 p.m.				Intermediate	Beginner		
4:00 p.m.-5:30 p.m.							Advanced
4:30 p.m.-6:00 p.m.	Intermediate		Intermediate				
6:00 p.m.-7:30 p.m.	Beginner						

### Squash Courses-Weekly Program

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

### "SPORTS AS A WAY OF LIFE" FALL SEMESTER, 2024

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: 5:30-7:30 p.m.

# Bilkent Üniversitesi

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

**Kayıtlar:**  
23 – 29 Eylül

**Kurs Tarihleri:**  
30 Eylül – 15 Aralık

# Bilkent University

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

**Registrations:**  
September 23 – 29

**Course Dates:**  
September 30 – December 15

**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

Pilates	16:40-17:30
Cardio Combat	17:40-18:30
Stretching	18:40-19:30

### Salı

Yoga	17:40-18:30
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### Çarşamba

Full Body Streight	16:40-17:30
Zumba	17:40-18:30
Yoga	18:40-19:30

### Perşembe

Full Body Streight	17:40-18:30
Yoga	18:40-19:30

### Cuma

Yoga	12:00-12:50
Pilates	16:40-17:30

### Cumartesi

Yoga	11:00-12:00
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### Pazar

Yoga	11:00-12:00
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### Monday

Pilates	
Cardio Combat	
Stretching	

### Tuesday

Yoga	
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### Wednesday

Full Body Strength	
Zumba	
Yoga	

### Thursday

Full Body Streight	
Yoga	

### Friday

Yoga	
Pilates	

### Saturday

Yoga	
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### Sunday

Yoga	
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## Diğer Spor Programları

### Yurtlar Spor Salonu

#### AIKIDO

Salı, Perşembe: 19:30-21:00

#### BRAZILIAN JIU-JITSU

Pazartesi, Çarşamba, Perşembe: 11:45-13:15

#### ESKRİM

Pazartesi, Perşembe: 18:30-20:00

#### EŞLİ DANSLAR

Salı: 19:00-19:50 Salsa (Başlangıç)  
20:00-20:50 Arjantin Tango (Başlangıç)  
21:00-21:50 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			Başlangıç		Başlangıç		
11:00-12:30		Başlangıç					
12:00-13:30	Başlangıç		Başlangıç				
12:30-14:00		Başlangıç			Orta	Orta	
13:30-15:30	Başlangıç		Orta				
14:00-15:30				Başlangıç	Başlangıç	Başlangıç	
15:30-17:00				Orta	Başlangıç		
16:00-17:30							İleri
16:30-18:00	Orta		Orta				
18:00-19:30	Başlangıç						

### Squash Haftalık Programı

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

### "SPOR YAŞAMDIR" 2024 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.**

## Merkez Spor Salonu / Main Sports Hall

### Pazartesi

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

### Salı

Yoga	12:00-12:50
Full Body Streight	17:40-18:30
Zumba	18:40-19:30

### Çarşamba

Stretching	12:00-12:50
Fit and Fun	17:40-18:30
Stretching	18:40-19:30

### Perşembe

Full Body Streight	12:00-12:50
Yoga	12:00-13:00
Zumba	18:40-19:30

### Cuma

Pilates	12:00-12:50
Fit and Fun	17:40-18:30
Cardio Combat	18:40-19:30

### Monday

Pilates	
Zumba	

### Tuesday

Yoga	
Full Body Streight	
Zumba	

### Wednesday

Stretching	
Fit and Fun	
Stretching	

### Thursday

Full Body Streight	
Yoga	
Zumba	

### Friday

Pilates	
Fit and Fun	
Cardio Combat	