

Other Sports Programs

AIKIDO (Dormitories Sports Hall)

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

BRAZILIAN JIU-JITSU (Dormitories Sports Hall)

Tuesday, Thursday: 12:00 noon-1:30 p.m.

BALLROOM AND LATIN DANCING (Dormitories Sports Hall)

Tuesday: 6:40-7:30 p.m. Salsa (Beginner)

7:40-8:30 p.m. Argentine Tango (Beginner)

8:40-9:30 p.m. Argentine Tango (Intermediate)

FENCING (SABRE) (Dormitories Sports Hall)

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

FIT-BOXING (Main Sports Hall)

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

JUDO (Dormitories Sports Hall)

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

TAEKWONDO (Dormitories Sports Hall)

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

BADMINTON (Main Sports Hall)

Friday: 4:00-5:30 p.m.

Sunday: 10:30 a.m.-12:00 noon

TABLE TENNIS (Main Sports Hall)

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

7:00-8:30 p.m. (Intermediate-Advanced)

TURKISH FOLK DANCE (Main Sports Hall)

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

KENDO (Main Sports Hall)

Tuesday, Thursday: 6:00-8:00 p.m.

DISC GOLF (Dormitories Sports Hall)

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

Squash Courses-Weekly Program

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

"SPORTS AS A WAY OF LIFE" FALL SEMESTER, 2026 Sports Events – Tournaments

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

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

Bilkent Üniversitesi

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

Kayıtlar:
28 Eylül - 4 Ekim

Kurs Tarihleri:
5 Ekim - 20 Aralık

Bilkent University

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

Registrations:
September 28 - October 4

Course Dates:
October 5 - December 20

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

Yurtlar Spor Salonu / Dormitories Sports Hall

Pazartesi Full Body Workout Stretching	17:40-18:30 18:40-19:30	Monday Full Body Workout Stretching
Çarşamba Zumba Yoga	17:40-18:30 18:40-19:30	Wednesday Zumba Yoga
Perşembe Zumba Yoga	17:40-18:30 18:40-19:30	Thursday Zumba Yoga
Cumartesi Yoga	11:00-12:00	Saturday Yoga
Pazar Yoga	11:00-12:00	Sunday Yoga

Merkez Spor Salonu / Main Sports Hall

Pazartesi Pilates Zumba	12:00-12:50 17:40-18:30	Monday Pilates Zumba
Salı Yoga Pilates	12:00-12:50 16:40-17:30	Tuesday Yoga Pilates
Çarşamba Stretching Full Body Workout Stretching	12:00-12:50 17:40-18:30 18:40-19:30	Wednesday Stretching Full Body Workout Stretching
Perşembe Yoga	12:00-13:00	Thursday Yoga
Cuma Full Body Workout Pilates Stretching	12:00-12:50 17:40-18:30 18:40-19:30	Friday Full Body Workout Pilates Stretching

Diğer Spor Programları

AIKIDO (Yurtlar Spor Salonu) Salı, Perşembe: 19:30-21:00	KENDO (Merkez Spor Salonu) Salı, Perşembe: 18:00-20:00
BRAZILIAN JIU-JITSU Salı, Perşembe : 12:00-13:30	TAEKWONDO (Yurtlar Spor Salonu) Pazartesi, Çarşamba: 17:30-19:00
ESKRİM (KILIÇ) (Yurtlar Spor Salonu) Pazartesi, Çarşamba: 18:30-20:00	BADMİNTON (Merkez Spor Salonu) Cuma: 16:00-17:30 Pazar: 10:30-12:00
EŞLİ DANSLAR (Yurtlar Spor Salonu / Grup Egzersizleri Stüdyosu) Salı: 18:40-19:30 Salsa (Başlangıç) 19:40-20:30 Arjantin Tango (Başlangıç) 20:40-21:30 Arjantin Tango (Orta)	MASA TENİSİ (Merkez Spor Salonu) Salı, Perşembe: 17:30-19:00 (Başlangıç), 19:00-20:30 (Orta-İleri)
FIT-BOXING (Merkez Spor Salonu) Pazartesi, Çarşamba: 19:40-21:10 (Başlangıç/Orta)	JUDO (Yurtlar Spor Salonu) Pazartesi, Çarşamba: 19:30-21:00
HALK OYUNLARI (Merkez Spor Salonu) Salı, Perşembe: 18:00-19:30	DISC GOLF (Yurtlar Spor Salonu) Pazartesi: 18:00-19:30

Tenis Haftalık Programı

Gün ve Saat	Pazartesi	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
09:30-11:00			Başlangıç		Başlangıç		
11:00-12:30	Başlangıç	Başlangıç		Başlangıç			
12:00-13:30						Orta	
12:30-14:00	Başlangıç	Başlangıç	Orta	Orta			
13:30-15:00						Başlangıç	
14:00-15:30		Başlangıç	Orta		Başlangıç		
15:30-17:00		Başlangıç			Başlangıç		
16:00-17:30	Orta		Orta				İleri
17:30-19:00	Başlangıç						
18:00-19:30		Orta					
19:30-21:00		Başlangıç					

Squash Haftalık Programı

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

“SPOR YAŞAMDIR” 2026 GÜZ DÖNEMİ Spor Etkinlikleri – Turnuvalar

“Spor Yaşamdır” Cumhuriyet Koşusu, Zumba Master Class, Yoga Master Class, Fit / Swim Challenge, Doğa Yürüyüşü, Bisiklet Turu, “Bilkent Spor Oyunları” Atletizm-Badminton-Squash-Masa Tenisi-Tenis-Kardiyo-Yüzme Haftaları, Basketbol Turnuvası (5X5) / (3X3), Futbol Turnuvası (Erkek) (Hali Saha), Voleybol Turnuvası

Not: Lisans öğrencileri programlara ücretsiz katılabilir.