

Other Sports Programs

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

BALLROOM AND LATIN DANCING (Dormitories Sports Hall)
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)

FIT-BOXING (Main Sports Hall)
Monday, Wednesday, 7:40 p.m.–9:10 p.m. (Beginner–Intermediate)

JUDO (Dormitories Sports Hall)
Monday: 7:30–9:00 p.m.
Wednesday: 5:30 p.m.–7:00 p.m.

KENDO (Main Campus Sports Hall)
Wednesday, Friday: 6:00–7:30 p.m.

TAEKWONDO (Dormitories Sports Hall)
Monday: 5:30–7:00 p.m.
Wednesday: 7:30–9:00 p.m.

BADMINTON (Main Sports Hall)
Thursday: 4:00 – 5:30 p.m.
Sunday: 12:00 noon–1:30 p.m.

TABLE TENNIS (Main Sports Hall)
Tuesday: 6:00–7:30 p.m. (Beginner)
7:30–9:00 p.m. (Intermediate–Advanced)
Thursday: 6:00–7:30 p.m. (Beginner)
7:30–9:00 p.m. (Intermediate–Advanced)

TURKISH FOLK DANCE (Dormitories Sports Hall)
Tuesday, Thursday: 6:00–7:30 p.m.

Tennis Courses–Weekly Program

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

Squash Courses–Weekly Program

Day&Time	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:30 p.m.–3:00 p.m.				Beginner		Beginner
4:30 p.m.–6:00 p.m.	Beginner	Beginner	Beginner	Beginner		
5:30 p.m.–7:00 p.m.					Beginner	Beginner
6:00 p.m.–7:30 p.m.	Beginner	Beginner				
7:30 p.m.–9:00 p.m.		Intermediate	Beginner	Beginner		

Bilkent University Sports Events – Tournaments

“SPORTS AS A WAY OF LIFE” FALL SEMESTER, 2022

Republic Run, Zumba Master Class, Strong Nation Master Class, Yoga Master Class, Fit / Swim Challenge, Swimming–Badminton–Table Tennis–Tennis Weeks, Trekking, Cycling Tour, Bilkent Sports Games, Basketball Tournaments (5X5) / (3X3), Football Tournaments (MEN) (Mini Fields), Volleyball Tournaments (4x4)

Fee: 120 TL (two days a week) – Ballroom And Latin Dancing 170 (one days a week)

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

**Bilkent
Üniversitesi**

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

Kayıtlar:
14 – 25 Eylül

Kurs Tarihleri:
26 Eylül – 18 Aralık

**Bilkent
University**

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

Registrations:
September 14 – 25

Course Dates:
September 26 – December 18

**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

www.spor.bilkent.edu.tr

Yurtlar Spor Salonu / Dormitories Sports Hall

Pazartesi H.I.I.T. Yoga	17:40-18:30 18:40-19:30
Salı Strong Nation Yoga (Başlangıç)	17:40-18:30 18:40-19:40
Çarşamba Fatburn Total Body Shape	16:40-17:30 17:40-18:30
Perşembe Fatburn Tae-Bo/HAT	16:40-17:30 18:40-19:30
Cuma Stretching Yoga (Başlangıç)	16:40-17:30 17:40-18:30
Cumartesi Yoga (Başlangıç)	11:00-12:00
Pazar Yoga (Başlangıç)	11:00-12:00

Monday H.I.I.T. Yoga	
Tuesday Strong Nation Yoga (Beginner)	
Wednesday Fatburn Total Body Shape	
Thursday Fatburn Tae-Bo/HAT	
Friday Stretching Yoga (Beginner)	
Saturday Yoga (Beginner)	
Sunday Yoga (Beginner)	

Merkez Spor Salonu / Main Sports Hall

Pazartesi Pilates (Başlangıç) Zumba Pilates/Stretching	12:00-12:50 17:40-18:30 18:40-19:30
Salı Yoga (Başlangıç)	12:00-13:00
Çarşamba Stretching Fit and Fun	12:00-12:50 18:00-18:30
Perşembe Yoga (Başlangıç)	12:00-13:00
Cuma Pilates (Başlangıç) Fit and Fun	12:00-12:50 18:00-18:30

Monday Pilates (Beginner) Zumba Pilates/Stretching	
Tuesday Yoga (Beginner)	
Wednesday Stretching Fit and Fun	
Thursday Yoga (Beginner)	
Friday Pilates (Beginner) Fit and Fun	

Diğer Spor Programları

AIKIDO (Yurtlar Spor Salonu)
Salı, Perşembe: 19:30-21:00

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)

FIT-BOXING (Merkez Spor Salonu)
Pazartesi, Çarşamba: 19:40-21:10 (Başlangıç/Orta)

HALK OYUNLARI (Merkez Spor Salonu)
Salı, Perşembe: 18:00-19:30

JUDO (Yurtlar Spor Salonu)
Pazartesi: 19:30-21:00
Çarşamba: 17:30-19:00

KENDO (Merkez Spor Salonu)
Çarşamba, Cuma: 18:00-19:30

TAEKWONDO (Yurtlar Spor Salonu)
Pazartesi: 17:30-19:00
Çarşamba: 19:30-21:00

BADMİNTON (Merkez Spor Salonu)
Perşembe: 16:00-17:30
Pazar: 12:00-13:30

MASA TENİSİ (Merkez Spor Salonu)
Salı: 18:00-19:30 (Başlangıç), 19:30-21:00 (Orta-İleri)
Perşembe: 18:00-19:30 (Başlangıç), 19:30-21:00 (Orta-İleri)

Tenis Haftalık Programı

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

Squash Haftalık Programı

Gün ve Saat	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
13:30-15:00				Başlangıç		Başlangıç
16:30-18:00	Başlangıç	Başlangıç	Başlangıç	Başlangıç		
17:30-19:00					Başlangıç	Başlangıç
18:00-19:30	Başlangıç	Başlangıç				
19:30-21:00		Orta	Başlangıç	Başlangıç		

Bilkent Üniversitesi Spor Şenlikleri - Turnuvalar

"SPOR YAŞAMDIR" 2022 GÜZ DÖNEMİ

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

Ücret: 120 TL (Haftada iki kurs) - Eşli Danslar Ücret: 170 TL (Haftada bir gün)

Not: Lisans öğrencileri programlara ücretsiz katılabilir.