



HELLENIC REPUBLIC

National and Kapodistrian  
University of Athens

EST. 1837

# UNIVERSITY SPORTS CENTER

# SPORTS ACTIVITIES FOR UNIVERSITY STUDENTS

**JOIN US  
for FREE**



TENNIS

AEROBICS

ATHLETICS

PILATES

BASKETBALL

Courses from beginner to advanced level.  
Participate in local and national championships



## TENNIS

## AEROBICS



Join our daily sessions of aerobics that combine techniques of Tae Bo - Kick Boxing - Dance - Step Latin Aerobics

Don't miss our runner-specific coaching, available at the Panepistimioupoli stadium and at the Zografou Municipal stadium



## ATHLETICS

"Step into" traditional Greek rhythm and dancing. Join us to learn traditional Greek dances from all over Greece

## PILATES



Strengthen your muscles through everyday classes. Attend our daily sessions of pilates and strength training



## TRADITIONAL DANCES

VOLLEYBALL

FOOTBALL

GREEK TRADITIONAL DANCES

FITNESS

Don't miss a chance to get trained, take part in our indoor championship programmes and be a member of NKUA's male-female team

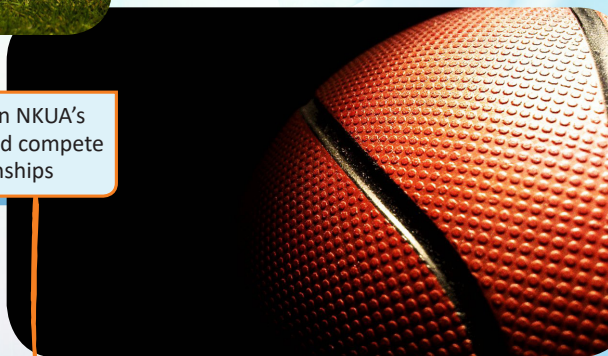


## FOOTBALL

Learn basic skills, join NKUA's male-female teams and compete in local championships



## VOLLEYBALL



## BASKETBALL

Keep in good condition and boost your health, through our special fitness programmes training programs

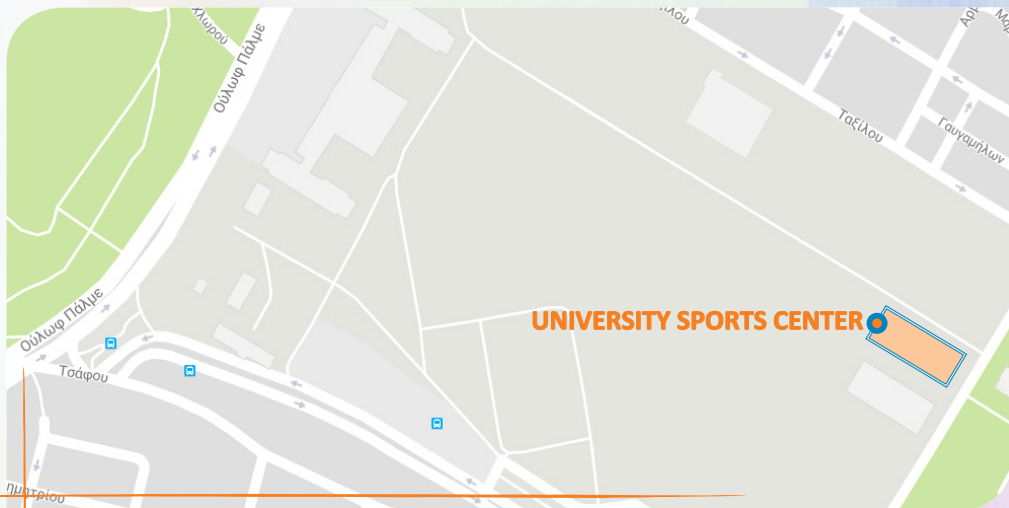


## FITNESS

<https://access.uoa.gr/services/sports/>



# GENERAL INFORMATION



## BUS ROUTES TO THE UNIVERSITY SPORTS CENTRE

**250** from Evangelismos Metro station to Panepistimioupoli -->  
**1<sup>st</sup> Panepistimioupolis** bus station

**E90** (Express Bus) from Piraeus to Panepistimioupoli -->  
**1<sup>st</sup> Panepistimioupolis** bus station

## ANNOUNCEMENTS - CHAMPIONSHIPS - ACTIVITIES

**www.uoa.gr** - Foitites - Panepistimiako Gymnastirio

**Facebook:** [www.facebook.com/EKPAgym](http://www.facebook.com/EKPAgym)

**Contact us:** 210 727 5551, -56, -57, - 60

Registration, Daily,  
from Monday to Friday 10.00 a.m - 01.30 p.m.  
To enroll you will need your Academic ID and  
a medical report from a GP or a cardiologist.  
Opening hours: 09.00 a.m - 06.00 p.m on weekdays.