

## Sports Club FH St. Pölten - Course Program Winter Semester 2022

day	sports	location	time	dates	course fees (without membership fee)
MO	YOGA	HLW Gym	19:30 – 20:30 26.09.2022- 23.01.2023	<u>Dates:</u> 26.9./ 3.10./ 10.10./ 17.10./ 24.10./ 7.11./ 14.11./ 21.11./ 28.11./ 5.12./ 12.12./ 19.12./ 9.1./ 16.1./ 23.1.	€ 45,00
TU	ZUMBA & PIIT *	HLW Gym	16:50 – 18:30 20.09.2022-24.01.2023	<u>Dates:</u> 20.9./ 27.9./ 4.10./ 11.10./ 18.10./ 25.10./ 8.11./ 15.11./ 22.11./ 29.11./ 6.12./ 13.12./ 20.12./ 10.1./ 17.1./ 24.1.	€ 50,00
WE	AIKIDO	HLW Gym	17:15 – 18:15 28.09.2022-25.01.2023	<u>Dates:</u> 28.9./ 5.10./ 12.10./ 19.10./ 9.11./ 16.11./ 23.11./ 30.11./ 7.12./ 14.12./ 21.12./ 11.1./ 18.1./ 25.1.	€ 45,00
WE	VOLLEYBALL	HLW Gym	18:15-19:45 28.09.2022-25.01.2023	<u>Dates:</u> 28.9./ 5.10./ 12.10./ 19.10./ 9.11./ 16.11./ 23.11./ 30.11./ 7.12./ 14.12./ 21.12./ 11.1./ 18.1./ 25.1.	€ 25,00
WE	DANCE- FITNESS	HLW Gym	19:45-20:45 07.12.2022-25.01.2023	<u>Dates:</u> 7.12./ 14.12./ 21.12./ 11.1./ 18.1./ 25.1.	€ 15,00
TH	CLIMBING Beginners	SPORTZENTRUM NÖ	18:00 – 19:30 06.10.2022-22.12.2022	<u>Dates:</u> 6.10./ 13.10./ 20.10./ 27.10./ 3.11./ 10.11./ 17.11./ 24.11./ 1.12./ 15.12./ 22.12.	€ 45,00

TH	<b>CLIMBING Advanced</b>	SPORTZENTRUM NÖ	19:45 – 21:15 06.10.2022-22.12.2022	<u>Dates:</u> 6.10./ 13.10./ 20.10./ 27.10./ 3.11./ 10.11./ 17.11./ 24.11./ 1.12./ 15.12./ 22.12.	€ 45,00
TH	<b>FITNESSBOXING</b>	MIKO Trainingsstudio Schulring 13	17:30 – 18:45 29.09.2022-26.01.2023	<u>Dates:</u> 29.9./ 6.10./ 13.10./ 20.10./ 27.10./ 3.11./ 10.11./ 17.11./ 24.11./ 1.12./ 15.12./ 22.12./ 12.1./ 19.1./ 26.1.	€ 40,00
TH	<b>BOOTCAMP</b>	HLW Gym	18:30 – 19:30 29.09.2022-26.01.2023	<u>Dates:</u> 29.9./ 6.10./ 13.10./ 20.10./ 3.11./ 10.11./ 17.11./ 24.11./ 1.12./ 15.12./ 22.12./ 12.1./ 19.1./ 26.1.	€ 45,00
TH	<b>BASKETBALL</b>	HLW Gym	20:00 – 22:00 29.09.2022-26.01.2023	<u>Dates:</u> 29.9./ 6.10./ 13.10./ 20.10./ 3.11./ 10.11./ 17.11./ 24.11./ 1.12./ 15.12./ 22.12./ 12.1./ 19.1./ 26.1.	€ 25,00
MO/TH	<b>FOOTBALL</b>	SPORTZENTRUM NÖ	19:00 – 21:00 29.09.2022-12.12.2022	<u>Dates:</u> <b>DO:</b> 29.9./ 6.10./ 13.10./ 20.10./ 27.10./ 3.11./ <b>MO:</b> 7.11./ 14.11./ 21.11./ 28.11./ 5.12./ 12.12.	€ 45,00

\* PIIT takes place from 4:50 to 5:20 pm and Zumba from 5:30 to 6:30 pm and can be booked extra as well. (PIIT 20€ / Zumba 30€)

## Informations and Registration

- Costs students/employees/graduates: Course fees + EUR 15.00 membership fee (per semester)
- Costs FH-externs: course fees + EUR 30,00 membership fee (per semester)
- **Registration for students and graduates at CIS** (section „meine Anmeldungen“).
- Registration for **employees, Incomings and FH-externs at CSC** during its opening hours.
- Deregistration after registration is **not** possible.
- Please identify yourself to the course instructor with Campus Card and payment confirmation.
- The individual courses are only taking place if a certain (minimum) number of participants is reached. If (after registration) a course does not take place, the fees paid will of course be refunded.
- Head of the “FH-Sportverein”: Dr. Christian Fabian | DI Robert Bruckner
- Questions: [astsport@fhstp.ac.at](mailto:astsport@fhstp.ac.at)
  
- **Covid-19:** The courses are conducted under the Covid regulations currently in force
- **ATTENTION:** Decide now to book a membership for two semesters and pay only € 25,00! (Offer only valid in WS)

subject to modifications