REGISTRATION FOR STATIONARY PE CLASSES

IN THE WINTER SEMESTER 2025/2026

Registration rounds starts at 9 p. m. and end at 11:59 p. m. local time

I TOUR 8/09/2025 - 16/09/2025

8/09/2024 - 16/09/2024 subscriptions for the following classes:

Aqua body shape

Aqua fitness

• Ergo fitness

Rowing cross

• Rowing ergometer

Fitball

HIIT dla początkujących

Judo

Swimming

9/09/2023 – 16/09/2024 subscriptions for the following classes:

Body building

Cross training

• FACTS® - functional training

Sports games

Basketball

Football

Handball

Volleyball

11/09/2023 – 16/09/2024 subscriptions for the following classes:

Badminton

Body flow

• Body shape

Circle body shape

Posture correction class

• Table tennis

TRX® training

Climbing

Healthy spine

12/09/2023 – 16/09/2024 subscriptions for the following classes:

Aerobic

Latino body shape

Pilates

Stretching

TBC

Academic yoga

• Yoga & relaxation

Leisure fencing

Balroom dancing

13/09/2023 - 16/09/2024 subscriptions for the classes conducted by KU AZS:

paid*:

- Aikdo
- Badminton
- Box
- Brazilian jujitsu
- Fit boxing
- Yoga/Classic Yoga

- Kick boxing
- Lady kick boxing
- Lady latino solo
- Archery
- MMA
- Mobility & Stretching

- Muay Thay
- Bridge sports game
- Woman's self defense
- Balroom dancing
- Tennis
- Improving strength training

• free of charge*:

Judo free of charge (AZS)

II TOUR <u>23/09/2025 – 28/09/2025</u>

III TOUR 3/10/2025 - 9/10/2025

On **October 2, 2025**, PE classes in the winter semester 2025/2026 will begin. Students who register in the III tour, **in case of absence in the first week, they will not be justified**.

^{*} in both cases, an AZS card is obligatory

^{*} in case of loss of PE tokens, there are three payments apply: for tokens, for classes, for an AZS card