



RWTH FH Sports Day

4th June 2025 – Try-Out Courses

powered by Sparkasse Aachen

Stadium Königshügel

14 – 20 Uhr

Aikido, Acrobatics, Alexander technique, Boxing, Boxing fitness, Cyr, Unicycle, Ice hockey, Flag football, Juggling, Judo, Climbing, Kung Fu, Athletics, Ropeflow Fitness powered by kinwire, Rowing, Rugby, RWTH Gym, Shotokan karate, Snow sports, Softball, Taekwondo, Underwater rugby, Wakeboarding, Sports games, Rhönrads gymnastics, Ultimate frisbee

Interim Dancehall

15 – 16 Uhr Tango Argentino
16 – 17 Uhr Forró
17 – 18 Uhr West Coast Swing
18 – 19 Uhr Lindy Hop
19 – 20 Uhr Salsa

Interim Budo- Material arts

15 – 16 Uhr Aikido
16 – 17 Uhr Kung Fu
17 – 18 Uhr Shotokan Karate
18 – 19 Uhr Taekwondo
19 – 20 Uhr Judo

Interim Fitnesshall

15 – 16 Uhr Boxing/Boxing fitness
16 – 17 Uhr Oriental Dance
17 – 18 Uhr Step Aerobic
18 – 19 Uhr BodyWorkout Pump
19 – 20 Uhr Boxing aerobic

Interim fitness gym

17:30 – 18:30 Uhr Table tennis
18:30 – 19:30 Uhr Floorball
19:30 – 20:30 Uhr Fitness with music

Lawn next to Interim

17 – 18 Uhr Ropeflow Fitness

Lawn Stadium Königshügel

16 – 19 Uhr Ultimate Frisbee

Rear section (Ash)

15 – 16 Uhr Interval training

Outdoor fitness centre

16:30 – 17:30 Uhr Outdoor Functional Fitness

All-weather pitch

18 – 19 Uhr Wheelchair handball
19 – 20 Uhr Zumba

Eckertweg

18:30 – 20:30 Uhr Flag Football
18:30 – 20:30 Uhr Sports games

Sports and seminar room

18 – 19 Uhr Thai Chi
19 – 20 Uhr Qi Gong

Gym Ahornstraße

15:30 – 17:30 Uhr Gymnastics

Gymnastics room Ahornstraße

15:30 – 16:30 Uhr Pilates

Swimming Pool Ahornstraße*

15 – 16 Uhr Aquafitness
16 – 17 Uhr Aquafitness

Swimming Pool Ulla-Klinger-Halle*

20 – 21 Uhr Aquafitness

* Due to capacity limits, advance registration is possible online at www.sportsday-aachen.de

Participation in the try-out programmes is free of charge. Pre-booking is not required.

www.sportsday-aachen.de