

UNIVERSITY SPORTS CENTRE: ACTIVE ON CAMPUS TOGETHER



→ UNIVERSITY SPORTS CENTRE



LEUPHANA
UNIVERSITY LÜNEBURG

THE SPORTS CENTRE

WHAT WE OFFER

WELCOME TO THE UNIVERSITY SPORTS CENTRE!
WE'RE HERE TO PROVIDE YOU WITH A WELL-ROUNDED
SELECTION OF SPORTS COURSES, ACCESS TO OUR
FITNESS STUDIO AND MUCH MORE RIGHT HERE ON
CAMPUS!

Here, you can integrate fitness and sports into your everyday student life. Next to a wide range of outdoor activities, there are many ways for you to get moving. Have your pick of numerous courses or Groupfit offers or swing by the studio for a trial training session. Follow us on Instagram at @hochschulsport_leuphana to stay up to date and receive all pertinent information.



Instagram

@hochschulsport_leuphana



Discover the university sports centre on our website

KEEPING FIT TOGETHER: **FITNESS AT STUDIO 21**



Whether you want to build strength or stamina, stay fit or simply take an active break in your day-to-day: Studio 21 is the place to achieve your personal goals. Here, you can train in a student-friendly atmosphere and receive individual guidance from members of our diverse team of trainers. Simply book a free trial training session on our website to get started!



Book your free trial training session [here](#)

SOMETHING FOR EVERYONE: **OUR SPORTS COURSES**

The various sports courses on offer are at the heart of our everyday schedule at the University Sports Centre.

Every semester, we offer sports courses in various fields including dance & gymnastics, children's sports, racquet sports, health & wellness, combat sports & budo, team sports, outdoor & water sports as well as groupfit. Courses and registration start with and run parallel to the semester.



You can find all current courses on our website

SPORTS THROUGHOUT THE WEEK: **GROUPFIT**



Adapt your sports programme to your university schedule with our wide range of groupfit offers.

Start creating your personal sports plan as soon as you book your groupfit card! We offer more than 20 courses per week, with several available every day. This makes it easy to find the right course and time slot for your individual schedule.



You can find all groupfit courses on our website

SNOWSPORT AND SURFING: EXCURSIONS

Every year, we organize legendary excursions at the University Sports Centre: Two snowsport excursions and one surf excursion.

Whether you're a beginner or a pro, these trips are for anyone looking to have fun while being active and learning a new sport.

The snowsport excursions usually take place at the beginning of March, while the surf excursion always takes place mid-August.



You can find more information on our website!

EVENTS AT THE UNIVERSITY SPORTS CENTRE: **SOAP SLIDES, STAGE LIGHTS AND MORE!**

From the “Campusliga” to the “Hochschulsportfest” to the “Tanzabschlussabend” – you and your friends are bound to have fun at our action-packed events. You want to play football, take a trip on the soap slide or perform a choreography on stage? Follow our Instagram channel and check our website to stay up to date on upcoming events. We’re looing forward to seeing you there!

top: Hochschulsportfest 2023, bottom: Tanzabschlussabend 2023



SUSTAINABILITY, “BUNTER HOCHSCHULSPORT” AND MUCH MORE: **DEVELOPMENT**



top: Awareness work at the Hochschulsportfest 2023



As a department that's heavily influenced by students and constantly looking for positive developments, we value sustainability.

“Bunter Hochschulsport” is committed to creating environments everyone feels safe in, for example by doing Awareness Work at our events. Additionally, we welcome voluntary workers every year who support sustainable projects such as the acquisition of our SUPs or the raised garden beds in front of Studio 21.

GET TO KNOW US: **THE UNIVERSITY SPORTS TEAM**



The staff at the university sports centre consists of roughly 30 highly motivated employees. Next to our full-time staff, we are a large team of students that work at and shape our institution, from our counter at the studio to our course program to communications. In addition, over 150 trainers and instructors keep the studio and the sports courses running smoothly. You'd like to become part of our team or offer a course in your sports discipline? Great! We're always happy to welcome new faces at the university sports centre. Follow our communication channels for current job offers, or take initiative and simply send us a speculative application.

SEE YOU AT THE STUDIO!



YOU CAN REACH US ...



VIA TELEPHONE

04131.677-1106



VIA MAIL

hochschulsport@leuphana.de



ON INSTAGRAM

@hochschulsport_leuphana

Leuphana University Lüneburg |

University Sports Centre | Universitätsallee 1 | 21335 Lüneburg

www.leuphana.de/hochschulsport