



3ex-Program exchange, explore, exercise!

Are you studying abroad? You want to meet new people and get active in sports? Then join the free 3ex-Program of the Student Health Management!

Hochschulsport



About the 3ex-Program

According to the motto 'exchange, explore, exercise' (3ex), you have the opportunity to try out different sports every week, meet new people, and get active in a group setting. Whether you come alone or with a buddy, a new sports program from the University Sports Center awaits you every Monday from 8:30 pm to 9:30 pm or 10 pm.



What courses await you?

Zumba, Sportsout, Lacrosse, Dance, Hockey and many more!



It's worth taking part!

If you participate regularly (minimum eight courses), you will have the opportunity to secure a guaranteed spot in University Sports for the upcoming summer semester. This means you can relax when it comes to registration.



Start of program: 27.10.2025
End of program: 02.02.2026
End of registration: 24.10.2025

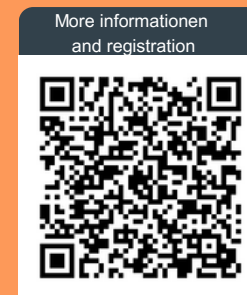


How you can join:

This program is specifically for international students and participants of the degree-seeking buddy program of the Subsection Support for International Students. You can register alone or together with your buddy. Registration ends on 24.10.2025. Click on this [Link](#) for registration or scan the qr-code.



Please note: Participation in the first course date is mandatory. If the first date is not attended, the course place will be passed on to another student.



University of Tübingen
Student Health Management
Wilhelmstraße 124 72074 Tübingen
Phone: 07071-2976066
Mail: sgmbetabalance@ifs.uni-tuebingen.de

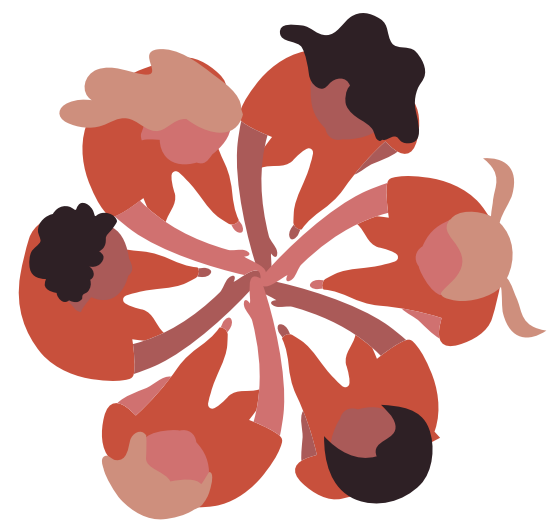
“Amazing coaches and people, loved it!”

“It's a great opportunity for me to bring myself to work out from others from the University. Motivating each other played a huge role and the organizers were supportive and helpful!”

“Awesome - i loved to experience different sports courses!”

Schedule 27.10.- 02.02.

All courses take place at the University Sports Hall (Alberstr. 27, hall 1). Please note that participation in the program is mandatory once you registered for the program. Please be there 10 minutes before the course starts. At all courses you should wear sport clothes that you
a) feel comfortable in and
b) that you can run in well.



HAVE FUN!

For more information, please visit:
www.hsp.uni-tuebingen.de or follow us on
Instagram @betabalance_unituebingen.

27.10. Kick-Off After a short welcome session we get active at different stations and train our complete body. With a mixture of cardio and strengthen exercises we kick off the 3ex-Program. We sum up the session with some relaxation exercises. Duration: 90 min. Material to bring: Sports mat or towel Trainer: Lina Märtens, Lisa Grünewald	24.11. TKTeamRoXX ***Special event! *** In this team challenge, you will compete in groups of four. You will have the opportunity to demonstrate your skills at various stations. The winning team will receive great prizes! Please note the different start times (6 pm). Registration for the event must be done separately.	12.01. Modern Dance Modern Dance has not a focus on perfect technique but on working with fluent movements, breath and gravity. It includes jumps and groundwork as well as dancing in a standing position. After a dynamic warm-up we will work on a prescribed choreography. Duration: 60 min. Trainer: Nadine Funk
03.11. Hockey In this course you will be taught all the important basic skills and relevant rules of field hockey, as well as how to develop one`s individual tactical behaviour. Yet, essentially, fun should be the ultimate goal for joining. Duration: 90 min. Material to bring: Sticks and balls are provided Trainer: Hans-Jörg Zipperle	01.12. Calisthenics Do you think handstands, pull-ups or push-ups are only for pros? Our Calisthenics class is aimed at anyone who is interested in bodyweight training. You will learn how to make the most of your own fitness level without overextending yourself. Duration: 90 min. Trainer: Sophia Jung	19.01. Couple acrobatics In this course, we will work on various partner acrobatics figures on the floor. Everyone can train according to their level / prior ability. Contents of the course are warm-up, strengt and mobility part and learning acrobatic partner exercises. Duration: 90 min. Trainer: Marcel Dichter
10.11. Sportsout Sportsout combines the fitness sport with the community idea. A Sportsout workout is based on 100 different exercises on your own and partly with a partner. Starting with a warm-up, followed by the mainbodyweight workout and ending with a cool-down. Duration: 60 min. Material to bring: Sports mat or towel Trainer: Simon Köhler	08.12. Lindy Hop Lindy Hop is a couple dance that originated in the 20s and 30s in the African-American community of Harlem and from there conquered the ballrooms of New York. It belongs to the family of swing dances and combines many elements, e.g. from jazz, tap dance, blues, charleston and breakaway. Duration: 90 min. Trainer: Mahana Sabachvili	26.01. Self-defence “Kali” The fighting system "Kali", whose origin goes back to the Philippines, is a comprehensive, realistic self-defense system. Central aspects of the training are: Distance control and striking power, agility and body control, alertness and fighting spirit. Duration: 90 min. Trainer: Felix Roeder
17.11. Strong Nation STRONG Nation™ is a highly-intense interval training. In each session, music and body movement merge into a single form of workout that pushes you beyond your limits. All exercises are synced to the uplifting music. You no longer have to count your repetitions. Duration: 60 min. Material to bring: Sports mat or towel Trainer: Wiebke Grahneis	15.12. Zumba Zumba ® is a mixture of aerobics and Latin American dance elements. Zumba ® does not rely on counting beats but follows the flow of the music. Each song gets its own choreography according to its characteristics and dance style. Duration: 60 min. Trainer: Wiebke Grahneis	02.02. Lacrosse Lacrosse is the fastest ball sport in the world and is played with sticks, nets and a rubber ball. In this course you will learn the basics of Lacrosse. Duration: 90 min. Trainer: Philipp Frech