



In cooperation  
with the Degree-  
seeking Buddy  
Program

## 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 get to know different sports every week, meet new people and to become active together in the group. Whether alone or together with your buddy - every thursday from 8:30- 9:30 pm or 10 pm a new sports program of the University Sports Center awaits you.



### What courses await you?

Zumba, Sportsout, Roundnet and many more!



### It's worth taking part!

If you participate regularly (min. 5 courses), you have the opportunity to secure a guaranteed spot in university sports for the upcoming winter semester. This way you can sit back and relax when you register.



**Start of program: 30.04.2026**

**End of program: 09.07.2026**

**End of registration: 27.04.2026**



### How you can join:

This program is specifically for international degree-seeking students and participants of the Degree-seeking Buddy Program of the Subsection Support for International Students.



### Pre-Registration:

Registration takes place in two steps.

Step 1: Pre-registration. Sign up for the programme via the pre-registration form. During this stage, we'll verify your eligibility to participate.

Step 2: Registration: You will be automatically enrolled on the programme if you are eligible to participate and will receive a confirmation email by 28 April. After pre-registration, you won't need to take any further action.

More  
information  
and Pre-  
Registration



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# Schedule 30.04.- 09.07.

All courses take place at the university sports hall (Alberstraße 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](http://www.hsp.uni-tuebingen.de) or follow us on

Instagram @betabalance\_unituebingen.

### 30.04.: Sportsout

After a short welcome session we get active and do 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.

Material to bring: Sports mat or towel

Trainer: Simon Köhler / Lina Märtens

### 07.05.: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.

Trainer: Zumba-Team

### 21.05.: 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.

Trainer: Felix Roeder

### 11.06.: Community Run

After a group warm-up, we'll go for a community run together outside during this class. This will be followed by a cool-down.

Trainer: Lisa Grünewald

### 18.06.: 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.

Material to bring: Sports mat or towel

Trainer: Wiebke Grahneis

### 25.06.: Roundnet

Roundnet (also known as Spikeball) is a dynamic racket sport in which two teams compete against each other and play the ball over a trampoline-like net. In this class you'll get to learn the basics of Roundnet.

Trainer: Simon Stolz

### 02.07.: 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.

Material to bring: Sticks and balls are provided

Trainer: Hans-Jörg Zipperle

### 09.07.: Community Games

This course brings the best games from our school days back to the gym. Free from rigid rules and the pressure to perform, the focus here is on having fun while being active. We're bringing classics like dodgeball, tag, mat sliding, catch games, and creative obstacle courses to university sports.

Trainer: Lisa Grünewald