



3ex-program: **exchange, explore, exercise!**

Are you studying abroad? Do you want to meet new people and get active through sports? Then join the free 3ex-program of the Student Health Management.

Hochschulsport



About the 3ex-program

Exchange, Explore, Exercise (3ex)! Join us every Monday from 8:30 to 10:00 p.m. to try out a new sport, connect with fellow participants, and enjoy being active together. Whether you come on your own or with your buddy, each week offers a fresh opportunity to explore the diverse sports programs of the University Sports Center.



What courses await you?

Zumba, Sportsout, Roundnet, and many more!



It's worth taking part!

Attend at least 6 sessions and secure a guaranteed place in a university sports course for the upcoming summer semester. Stay active, meet new people, and enjoy the benefit of hassle-free registration



Start of program: 02.11.2026

End of program: 25.01.2027

End of registration: 26.10.2026



How to join:

Are you an international degree-seeking student or a participant in the Degree-Seeking Buddy Program? Then you're welcome to join this program!



Registration:

Registration takes place in two steps.

Step 1: Pre-Registration

Complete the pre-registration [form](#). During this step, we will review your eligibility for the program.

Step 2: Registration

Eligible participants will be automatically enrolled in the program and will receive a confirmation email by October 30. No further action is required after completing the pre-registration.

More
information
and Pre-
Registration



University of Tübingen
Student Health Management
Alberstraße 27 72074 Tübingen
Phone: 07071-2976066
Mail: sgmbetabalance@ifs.uni-tuebingen.de

Schedule

02.11.-25.01.

General information:

- **All sessions take place at the University Sports Hall (Alberstraße 27, Hall 1).**
- **Once you have registered, we kindly ask you to attend all scheduled sessions.**
- **Please arrive 10 minutes before the session begins. Wear comfortable sports clothing and athletic shoes suitable for running and other physical activities.**
- **No previous experience is required. Our courses are designed for all fitness levels and are particularly beginner-friendly.**

Volleyball (16.11.)

Volleyball is a fast-paced team sport that combines movement, coordination, and teamwork. In this taster session, you'll learn basic techniques, enjoy fun drills and games, and experience the excitement of playing together on the court. All skill levels are welcome.

Trainer: Merle Keller

Zumba (14.12.)

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

Sportsout (23.11.)

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 main bodyweight workout and ending with a cool-down.

Trainer: Simon Köhler

Circuit Training (11.01.)

Circuit Training is a dynamic full-body workout that combines strength, endurance, and coordination exercises at different stations. In this taster class, you'll get to try a variety of exercises, challenge yourself at your own level, and enjoy an effective and motivating group workout.

Trainer: Lisa Grünewald

Welcome Session (02.11.)

Get to know your fellow participants in a fun and active way! This first session focuses on meeting new people through a variety of group sports games that encourage teamwork, communication, and movement.

Trainer: Lisa Grünewald

Yoga (30.11.)

Take a break from everyday life and find balance through movement and mindfulness. This yoga class combines gentle stretching, strengthening exercises, and breathing techniques to improve flexibility, reduce stress, and enhance overall well-being. Suitable for all fitness levels.

Trainer: Lina Feldt

Strong Nation (18.01.)

STRONG Nation™ is a high-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.

Trainer: Wiebke Grahneis

Roundnet (09.11.)

Roundnet (also known as Spikeball) is a dynamic sport in which two teams compete by hitting a ball over a small, trampoline-like net. The sport combines elements of volleyball with dynamic 360-degree movements around the net. In this course, you'll learn the basics of Roundnet.

Trainer: Simon Stolz

Rope Skipping (07.12.)

Rope Skipping is much more than jumping rope. It's a fun and effective full-body workout that improves strength, endurance, and coordination. In this class, you'll get a glimpse of Rope Skipping and learn first tricks and choreography.

Trainer: Paulina Keppler

Closing Session (25.01.)

Let's wrap up the program with an active and enjoyable final session! Take part in a variety of fun sports and team games. This session is all about having fun and celebrating the experience.

Trainer: Lisa Grünewald