

THE GYM (1st floor)

Study Year 2026/2027

Day	Sports Hall – Basketball Court	Sports Hall – Volleyball Court
Monday	18.00 – 19.30 The University Students 19.30 – 21.00 University Men's Basketball Team	16.50 – 18.30 University Table Tennis Team 18.30 – 20.00 The University Students 20.00 – 21.00 The University Students
Tuesday	16.30 – 18.00 University Badminton Team 18.00 – 19.30 University Women's Basketball Team 19.30 – 21.00 University Men's Basketball Team	17.00 – 19.30 The University Students 19.30 – 20.30 The University Students
Wednesday	17.15 – 18.15 University Badminton Team 18.15 – 19.30 The University Students 19.30 – 21.00 University Men's Basketball Team	16.50 – 18.30 University Table Tennis Team 18.30 – 21.00 The University Students
Thursday	16.00 – 17.30 University Men's Basketball Team 17.30 – University Women's Basketball Team 19.00 – University Men's Basketball Team	16.00 – 18.30 The University Students 18.30 – 20.00 The University Students 20.00 – 21.00 The University Students
Friday	20.00 – 21.00 University Men's Basketball Team	10.30 – 13.50 University Table Tennis Team 17.30 – 19.00 University Badminton Team 19.00 – 20.00 University Badminton Team

Everything is free of charge for the students of Latvia University of Life Sciences and Technologies!

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THE WEIGHT ROOM (3rd floor)

Study Year 2026/2027

Day	Time
Monday	13.00 - 18.00
Tuesday	13.00 - 18.00
Wednesday	13.00 - 18.00
Thursday	13.00 - 18.00
Friday	13.00 - 16.00

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THE FITNESS SUITE (2ND floor)

Study Year 2026/2027

Day	Time	Activity
Monday	17.00 – 18.00	Dynamic Training
Tuesday	16.00 – 17.00	Circuit Training
Wednesday	17.00 – 18.00	Dynamic Training
	18.15 – 19.15	Body Toning/Steps/Functional Training

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THE SWIMMING POOL (2ND floor)

Study Year 2026/2027

Day	Time	Activity	INFORMĀCIJA PELDBASEINA APMEKLĒTĀJIEM!
Monday	19.30 – 20.15 20.15 – 21.00	Swimming	When visiting the swimming pool, please adhere to the scheduled class times and arrive 15 minutes before the class begins! For example, if the class starts at 19:30, please arrive at 19:15; if the class starts at 20:15, please arrive at 20:00. 1. Outerwear and outdoor footwear must be left in the changing area. 2. Only indoor footwear is permitted within the pool area. 3. For swimming classes, please bring your own personal washing supplies, a towel, and swimwear. 4. The following are prohibited: jumping into the water from the sides or ends of the pool (except from the starting block end) and sitting on the lane ropes. 5. During classes, please treat others with respect and observe safety rules, as well as the instructions given by instructors and coaches.
Tuesday	12.00-12.45 19.30 – 20.15	Swimming	
Wednesday	19.30 – 20.15 20.15 – 21.00	Swimming	
Thursday	12.00 – 12.45	Swimming	
Friday	10.00 – 10.45	Swimming	

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