



Newsletter SPR

August 2024

Dear SPR'er,

The summer holidays are almost over, and with it comes an end to the summer sports schedule. Hopefully everyone has enjoyed the summer (holidays) and regained plenty of energy to make it a great sports year. We're going to start again!

SPR Schedule:

Monday

- 09.30 - 10.30 o'clock | **Retirees** | Sportcentrum, Struikhal
- 17.30 - 18.30 o'clock | **Ice skating** | Sportcentrum, Summertraining/ Karding Winter training | *Sign up through **Ice Skating section***
- 17.15 - 18.30 o'clock | **Kickboxing** | Van der Hoopstraat 4, Groningen | ***Sign up mandatory***

Tuesday

- 12.00 - 13.00 o'clock | **Soccer** | Sportcentrum, field 2
- 12.30 - 13.30 o'clock | **Yoga** | Sportcentrum, room 1 | ***Sign up mandatory***
- 16.45 - 18.00 o'clock | **Karate** | Sportcentrum, Dojo
- 17.00 - 18.30 o'clock | **Badminton** | Sportcentrum, Struikhal
- 18.00 - 21.00 o'clock | **Tennis** | Sportcentrum, court 5 en 6 | *Sign up through **Tennis section***
- 21.00 - 23.00 o'clock | **Tennis TOSS** | Sportcentrum, court 2, 3 en 4 | *Sign up through **Tennis section***

Wednesday

- 12.00 - 13.00 o'clock | **Soccer** | Sportcentrum, field 2
- 12.15 - 13.15 o'clock | **Yoga** | AMD, Visserstraat 49, Groningen | Sign up mandatory
- 21.30 - 22.15 o'clock | **Swimming certificate A** | Willem-Alexander Sportcentrum, swimming pool

Thursday

- 09.30 - 10.30 o'clock | **Retirees** | Sportcentrum, room 1
- 12.00 - 13.00 o'clock | **Tennis** | Sportcentrum, court 8, 9 en 10 | *Sign up through **Tennis section***
- 12.15 - 13.30 o'clock | **Running training** | Sportcentrum, atletiekplateau
- 17.00 - 18.30 o'clock | **Ice skating** | Kardinge | ***Ice Skating section***

Friday

- 12.00 - 13.00 o'clock | **Pilates** | Sportcentrum, Balans building| ***Sign up mandatory***
- 12.00 - 13.00 o'clock | **Pilates** | Sportcentrum, room 1| ***Sign up mandatory***
- 12.30 - 13.30 o'clock | **Futsal** | Sportcentrum, HG-hal
- 17.00 - 18.30 o'clock | **Wall Climbing** | Sportcentrum, Climbing wall ***Sign up mandatory***
- 20.45 - 21.45 o'clock | **Swimming certificate A** | Willem-Alexander Sportcentrum, swimming pool | ***Sign up mandatory***

Saturday

- 10.00 - 11.30 o'clock | **Karate** | Sportcentrum, Dojo