

UNIVERSITY OF MAURITIUS

SPORTS AND GAMES ACTIVITIES

TRAINING SESSIONS FOR ACADEMIC YEAR 2016/2017

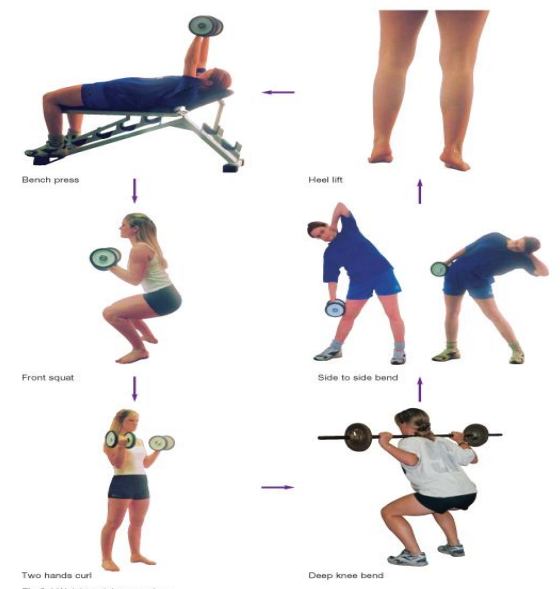
WEIGHT TRAINING

Sessions will resume as from : **01 September 2016**

Mondays to Fridays: 11:00 to 14:00 Hrs

Trainer- Mr. Neeresh Ramtohal

Venue- UoM Gymnasium (Weight Training Room)



YOGA

Sessions will resume as from: **05 September 2016**

Mondays : 12:00-13:00 Hrs (Ladies Only)

Wednesdays : 16:00 to 17:00 Hrs (Open)

Coach by: Mr Khamun

Venue- UoM Gymnasium



ZUMBA SESSIONS

Sessions will resume as from: **01 September 2016**

Mondays/ Thursdays: 12h00 to 13h00

Coach By : Mrs Sapna Rakha Junglee

Venue : UoM Gymnasium



FOR REGISTRATION PLEASE CALL AT THE UOM GYMNASIUM ON OR BEFORE 31 AUGUST 2016 AND FOR MORE INFORMATION FEEL FREE TO CONTACT THE SPORTS UNIT ON 5448 9393 OR 467 6576