

# UNIVERSITY OF MAURITIUS

## SPORTS AND GAMES ACTIVITIES

### TRAINING SESSIONS FOR ACADEMIC YEAR 2016/2017

#### WEIGHT TRAINING

Sessions will resume as from : **02 February 2017**

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: **06 February 2017**

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: **02 February 2017**

Mondays/ Thursdays: 12h00 to 13h00

Coach By : Mrs Sapna Rakha Junglee

Venue : UoM Gymnasium



**FOR MORE INFORMATION FEEL FREE TO CONTACT THE  
SPORTS UNIT ON 467 6576**