



2021 | 2022

**ELTE**  
**SPORT COMPASS**



## INTRODUCING SPORTS AT ELTE

BEAC (Budapest University Athletics Club) was established in 1898 as one of the oldest athletics clubs in Hungary. Even since its first years the newly operating club became an important factor of professional sport life. The association gave us six Olympic champions so far. Our aim is to catch attention of university students and invite them to work out in our gym and choose a sport offered by our professional coaches. We welcome everybody from all ages and nations, so foreign students and lecturers, come and join us! For further information please check our website: [www.beac.hu](http://www.beac.hu)

### 1. COURSES AVAILABLE VIA NEPTUN



The sportlife of ELTE is organized around two major ideas: courses offered by the Sports Department and trainings organized by BEAC.

Courses offered by the Sports Department – it means that you can apply for these sport classes just like all the other ones in your department. 6000 HUF is the fee per course per semester. For further information contact the manager of Physical Education and Sports Center: [sportkozpont@ppk.elte.hu](mailto:sportkozpont@ppk.elte.hu)

You can choose from:

Aerobics, Argentine tango, Athletics, Badminton, Ballance training, Basketball, Belly dancing, Box, Jiu-jitsu, Cheerleading, Chess, Climbing, Conditioning, Cycling, Fencing, Football, Football for women, Functional training, Futsal, Hiking, Karate, Kettlebell, Kung-fu, Kayak-Canoe, Modern dance, Muay thai, Orienteering, Para-swimming, Running, Spine training, Spinning, Squash, SUP, Swimming, Swing dance, Table tennis, Tennis, Triathlon, TRX, Volleyball, Yoga, Zumba

### 2. TRAININGS ORGANIZED BY BEAC

Trainings organized by the university sports club BEAC means the other line of the sports opportunities. We offer trainings in 40 different sport disciplines, both for women and men. Feel free to join our trainings especially for foreign students:

Team sports: basketball, futsal, handball, soccer, volleyball, waterpolo

Martial arts: box, brazilian jiu-jitsu, goju-ryu karate, kick-box, kung-fu, muay thai

Aerobics: body shaping, spine training, fat-burning, pilates, zumba

Dances: argentine tango, belly dance, hip-hop, modern dance

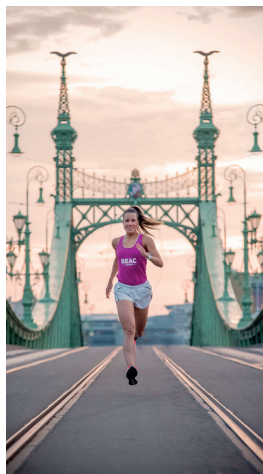
Racket sports: badminton, table tennis

Fitness sports: intensity mania, interval training, functional training, TRX

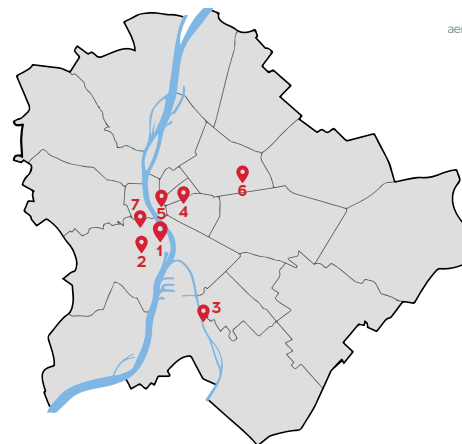
Water sports: kayak-canoe, waterpolo

Other sports: aerial hammock&silks, aerial hoop, athletics, ballance, training, cheerleading, chess, darts, gym, hiking, orienteering, polefitness, spinning, SUP, triathlon (swimming, running, cycling), yoga, wall-climbing

**Check [www.beac.hu/en](http://www.beac.hu/en) for all contacts and training times!**



## SPORT VENUES AND EVENTS



**1 Bogdánfy sports complex** - 1117 Bogdánfy st. 10.  
aerial hammock & silks, argentine tango, balance, yoga, polefitness, spinning, kettlebell, TRX, triathlon, football championships, gym

**1 Tüske Hall and Swimming Hall** - 1117 Magyar Tudósok körútja 7.  
basketball, futsal, handball, volleyball, swimming

**2 Mérnök street sports complex** - 1119 Mérnök st. 35.  
football, football championships, aerobics, jiu-jitsu, hip-hop, kick-box, modern dance, table tennis

**3 ELTE Water sport complex** - 1237 Vízisport st. 48.  
kayak-canoe, SUP

**4 ELTE Trefort Ágoston High School**  
1088 Trefort st. 8.  
aerobics, cheerleading

**5 ELTE Apáczai Csere János High School**  
1053 Papnövelde st. 4.  
aerobics, funct. training, kettlebell, volleyball

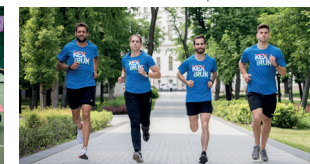
**6 ELTE Radnóti Miklós High School**  
1146 Cházár András st. 10.  
aerobics, karate

**7 Szent Margit High School** - 1114 Villányi st. 5-7.  
aerobics, volleyball

**ELTE Sports Week**  
6-10th of September 2021  
FB: ELTE Sport7 2021



**I. KEK RUN Running Contest**  
16th of October 2021  
[www.kekbudapest.hu](http://www.kekbudapest.hu)



**V. University Sports Festival Budapest**  
12th of November 2021  
FB: University Sports Festival BP 2021





# BEACFOCI.HU

## 5-A-SIDE TOURNAMENTS



**3 venues | 15 tournaments | 160 teams**  
**1 COMMON PASSION: 5-A-SIDE TOURNAMENT!**

Apply with your team to the biggest football tournament: [beacfoci.hu](http://beacfoci.hu)



## AEROBICS

Szilvia Pulay - head of department

Are you from Buda? Do you live in Pest? No matter where you come from, if you want a community workout, the gates of BEAC Aerobics are open to you! We are waiting for you at our different types of group classes on both sides of the Danube: pilates, spine training, or you can take part in our aerobics classes every weekday! Recharge after your university classes, belong to a motivating community where professional trainers help you achieve your goals. You can get our unlimited passes at extremely friendly prices with just a few clicks.



### WHEN?

Every day of the week



### WHERE?

5 venues



### CONTACT

Szilvia Pulay  
beacaerobik@gmail.com



**FACEBOOK**  
BEAC Aerobik



**INSTAGRAM**  
beacaerobik



**WEBSITE**  
beacaerobik.hu



## AERIAL HAMMOCK & SILK

Erzsébet Jámor - coach

Come, fly with us! Hammock and silk training is a form of movement on silk hanging from the ceiling. In this class, we can simultaneously strengthen and stretch all parts of the body while performing spectacular elements and acrobatic combinations in the air. Due to the versatility of this tool, it is also suitable for varying yoga practice, for developing strength and flexibility.



### WHEN?

Weekday evenings



### WHERE?

Bogdánfy street  
sports complex



### CONTACT

Erzsébet Jámor  
aerialbalance.beac@gmail.com



**FACEBOOK**  
ELTE - BEAC  
Polefitness & Aerial



**INSTAGRAM**  
eltebeacaerial



## BOX

Áron Rozgonyi - ELTE sports scholarship holder

If you would like to gain muscles or lose weight, come to a bodyshaping box training. Are your university years stressful? Come, get rid of stress at our fast-paced trainings, let your excess energy out. Break your limits in a friendly atmosphere at a cool box training.



### WHEN?

Tue/Thu: 18:30-



### WHERE?

Soroksári Street Tesco's  
strip mall



### CONTACT

Áron Rozgonyi  
beacboxing@gmail.com



**FACEBOOK**  
ELTE BEAC Ökölvívás



**INSTAGRAM**  
gradboxing



## KICK-BOX

Márk Németh - head coach

Come to visit ELTE kick-box trainings to learn about the techniques of this sport. Keep yourself fit, and if you are at advanced level, try yourself in combats.

This is a sport in which fitness and the practice of kicks and punches also have an important role. If you want to make your whole body move and have tight muscles, this is where you have to go! You are welcome if you only want to keep fit during your studies, don't be afraid, it's not all about fighting! Girls, boys, come and join ELTE Kick-box team!



### WHEN?

Mon/Wed: 19:00-21:00



### WHERE?

Mérnök street  
sports complex



### CONTACT

Márk Németh  
nemethmark9700@gmail.com



**FACEBOOK**  
ELTE Kick-box



## GYM

Cheap prices, friendly atmosphere

Would you like to work out for only 1000 HUF/month in a friendly environment? We recommend BEAC gym for that! Physical activity is an essential part of healthy life. It is important that you create suitable environment for your trainings. BEAC Gym can be the perfect location with its student friendly prices (12.000 HUF/year).



### WHEN?

Mon-Sun: 8:00-22:00



### WHERE?

Bogdánfy street  
sports complex



### CONTACT

BEAC Office  
szervezes@beac.elte.hu



**FACEBOOK**  
ELTE BEAC Edzőterem



**WEBSITE**  
www.beac.hu



## POLEFITNESS

Lilla Farkas - head coach

If you are amazed by the photos of your friends but you haven't had the chance to try it or if you would like to continue the trainings, don't let your chance slip away. We are waiting for you with polefitness and complementary trainings at BEAC. Anyone can start polefitness regardless of age, previous experiences and bodyshape. You only need to love challenges and be brave to step over your boundaries. See you in front of the mirrors, over your boundaries!



### WHEN?

Weekday evenings



### WHERE?

Bogdánfy street  
sports complex



### CONTACT

Lilla Farkas  
elte.pole@gmail.com



**FACEBOOK**  
ELTE - BEAC  
Polefitness & Aerial



**INSTAGRAM**  
eltebeacpole

## PHYSICAL PERFORMANCE AND FITNESS TRAININGS



### FUNCTIONAL TRAINING

Brenda Lakner - coach

During functional circuit training we use several tools to move and develop the whole body. We recommend intensive circuit trainings for those who like diversified and fast-paced classes. Beginners and advanced level sportsmen will also find them challenging as the resistance of our tools can be changed, and exercises can be personalized. The circuit trainings involve TRX, rope, RIP Trainer tools and bodyweight exercises.



#### WHEN?

Mon/Wed: 19:00-20:00



#### WHERE?

Apáczai High School



#### CONTACT

Dániel Gölöncsér  
beac.eronlet.fitness@gmail.com



#### FACEBOOK

ELTE-BEAC Erőnlét- és  
Fitness Szakosztály



#### INSTAGRAM

beacforce



### INTERVAL TRAINING WITH WEIGHTS

Tünde Virág - coach

If you love constant challenge, strength and stamina exercises, our interval training with weights is your sport. We work with cast iron weights at our trainings which allow you to do endless combinations of dynamic and static exercises. You will be able to follow your development in a 10 grade system which helps you set new goals and gives you the possibility to achieve the next level. This professional program was developed by our coaches who have years of experience in the field and will support you from the beginnings to professional level.



#### WHEN?

Mon/Wed/Thu: 18:00-19:00



#### WHERE?

Apáczai High School



#### CONTACT

Dániel Gölöncsér  
beac.eronlet.fitness@gmail.com



#### FACEBOOK

ELTE-BEAC Erőnlét- és  
Fitness Szakosztály



#### INSTAGRAM

beacforce



### TRX

Johanna Pacsuta - coach

TRX is known and very popular all over the world. It is the most innovative tool in developing strength and core muscles. Our coaches know more than 100 different exercises, it ensures that the trainings are really varied. Our aim is to develop body consciousness, coordination, stamina and strength. The classes are planned consciously, everyone is motivated to develop in the framework of our grade system. If you are looking for a training opportunity plus a team, this is where you have to be!



#### WHEN?

Tue/Thu: 18:00-, 19:00-



#### WHERE?

BEAC Mirror Room



#### CONTACT

Dániel Gölöncsér  
beac.eronlet.fitness@gmail.com



#### FACEBOOK

ELTE-BEAC Erőnlét- és  
Fitness Szakosztály



#### INSTAGRAM

beacforce

## YOGA COURSES



### FASCIA BASED FLOW

Viktória Horváth - coach

**Fascia based flow yoga** is a system of approach along which we modify traditional yoga practice in a few cases. Fascia is the human connective tissue that connects everything in the body. In the classes, we work on connected chains to make flexibility, mobility, and strength development even more effective. You can expect dynamic, flow-like classes where we safely increase the range of motion of narrowed joints and muscle strength.



#### WHEN?

Weekday evenings



#### WHERE?

BEAC TT4 room



#### CONTACT

BEAC Office  
joga.eltebeac@gmail.com



#### FACEBOOK

ELTE-BEAC Jóga



#### WEBSITE

www.beac.hu



### SPINAL YOGA

Írisz Tölgyesi - coach

The aim of **spinal yoga** is to professionally move your spine, during which the range of motion of the spine increases. Muscles and joints are strengthened and stretched in a balanced way. Static endurance yoga poses correct the flaws of general posture. As we spend more time in the asanas and repeat them several times, the freedom of movement develops in the body and proper posture is established.



#### WHEN?

Weekday evenings



#### WHERE?

BEAC TT4 room



#### CONTACT

BEAC Office  
joga.eltebeac@gmail.com



#### FACEBOOK

ELTE-BEAC Jóga



#### WEBSITE

www.beac.hu



### YOGA FOR WOMEN

Antónia Hauptman-Tőkés - coach

**Yoga for women** includes exercises specially designed for women to restore and maintain their health. It focuses on experiencing femininity as well as accepting and acknowledging our current situation and ourselves.



#### WHEN?

Weekday evenings



#### WHERE?

BEAC TT4 room



#### CONTACT

BEAC Office  
joga.eltebeac@gmail.com



#### FACEBOOK

ELTE-BEAC Jóga



#### WEBSITE

www.beac.hu



## SPINNING

### Courses every season for a friendly price

If you would like to participate at an effective cardio training that is also fun, join BEAC Indoor Cycling classes! If you wish to lose weight, shape your body, release the stress of your studies or just spend your free time with some exercise, come to our classes! Get a seasonal pass for autumn, winter, spring and summer trainings. We are waiting for you with several trainings and experienced coaches. Come spinning at ELTE!



#### WHEN?

Weekday evenings



#### WHERE?

BEAC Spinning room



#### CONTACT

BEAC Office  
cycling.beac@gmail.com



#### FACEBOOK

ELTE-BEAC Indoor  
Cycling



## SUP

### Noémi Horváth - coach, SUP world champion

Wanna join us to discover a SUPER new sport? If you couldn't get off the board all summer or even if you've never tried we have good news: you don't have to wait till next summer to relive the SUP experience. BEAC launches SUP trainings this autumn. We are preparing with trainings and weekend tours! Swimming knowledge is a must and it is not part of the training.



#### WHEN?

Tue/Thu: 15:30-17:00



#### WHERE?

ELTE Watersports complex  
1237 Bp., Vízisport street. 48.



#### CONTACT

Dániel Kaltenecker  
supelte@gmail.com



#### FACEBOOK

BEAC SUP



## SWIMMING

### Tamás Molnár - coach

Do you like water? Would you like to learn to swim? Have you ever dreamed of swimming across Lake Balaton? If the answer is yes, this is your chance! Polythlon Universitas Swimming Club welcomes you to daily trainings to different level groups from beginner to advanced. The trainings are 90 minutes long, and you can choose from early morning or evening times. Join us, develop with us and become a member of a great team!



#### WHEN?

Mon-Fri: 18:00-, 19:00-  
Tue/Thu: 6:00-7:30



#### WHERE?

Hajós and Tüske  
Swimming Hall



#### CONTACT

Tamás Molnár  
polythlonklub@gmail.com



#### FACEBOOK

Polythlon ETK és  
Sashegyi Gepárdok



#### WEBSITE

polythlon.hu