



125 BEAC



ELTE

2023 | 2024

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

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

You can choose from:

Aerobics, Argentine tango, Athletics, Badminton, Ballance training, Basketball, Belly dancing, Box, Jiu-jitsu, Cheerleading, Chess, Climbing, Conditioning, Cycling, E-sport, Fencing, Football, Football for women, Functional training, Futsal, Hiking, Karate, Kettlebell, Kung-fu, Kayak-Canoe, Modern dance, Muay thai, Orienteering, Para-swimming, Rowing, 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

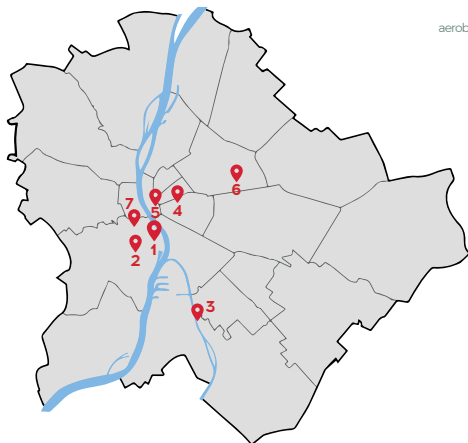
Water sports: kayak-canoe, waterpolo

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 for all contacts and training times!



SPORT VENUES AND EVENTS



1 Bogdánfy sports complex - 1117 Bogdánfy st. 10.
aerobics, badminton, balance, cheerleading, functional training, jiu-jitsu, karate, spinning, volleyball, yoga,

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

2 Mérnök street sports complex - 1119 Mérnök st. 35.
football, football championships, aerobics, 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 - closed until 2024
1088 Trefort st. 8.
aerobics, cheerleading

5 ELTE Apáczai Csere János High School - closed until 2024
1053 Papnövelde st. 4.
aerobics, funct. training, kettlebell, volleyball

6 ELTE Radnóti Miklós High School - closed until 2024
1146 Cházár András st. 10.
aerobics, karate

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

ELTE Sports Week
11-15th of September 2023
FB: ELTE Sport7 2023



XXXXIV. 5vös5 Running Contest
20th of September 2023
www.5vos5km.elte.hu



IV. KEK Run Running Contest
2nd of March 2024
FB: KEK Run 2024



BEAC
1898

BEACFOCI.HU

5-A-SIDE TOURNAMENTS

4 venues | 20 tournaments | 190 teams
1 COMMON PASSION: 5-A-SIDE TOURNAMENT!

Apply with your team to the biggest football tournament: beacfoci.hu



AEROBICS

Zsófia Márton-Szűcs - head coach

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



FACEBOOK

BEAC Aerobik



WHERE?

7 venues



INSTAGRAM

beacaerobik



CONTACT

Zsófia Márton-Szűcs
beacaerobik@gmail.com



WEBSITE

beacaerobik.hu



AERIAL HAMMOCK & SILK

Móni Marosi - head of department

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



FACEBOOK

BEAC Pole
& Aerial Art



WHERE?

Revans Női Mozgás-
és Fotóstúdió



INSTAGRAM

eltebeacpole



CONTACT

Móni Marosi
beacpoleandaerial@gmail.com



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?

Mon-Fri: 17:00 or 18:30



FACEBOOK

ELTE BEAC Ökölvívás



WHERE?

Soroksári Street Tesco's
strip mall



CONTACT

Áron Rozgonyi
beacboxing@gmail.com



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



FACEBOOK

ELTE Kick-box



WHERE?

Mérvök street
sports complex



CONTACT

Márk Németh
nemethmark9700@gmail.com



FOOTBALL

Gergely Kovács - head of department

At BEAC you can join two teams (in BLSZ III and IV Championship), with two trainings per week. Preparatory tournaments, friendly matches, championship, friends and the most popular sport in the world. Our team is openly welcome you if you have a sport-loving person and would like to try yourself out in football. Do not hesitate, join us! Play football while in University!



WHEN?

Tue/Thu: 18:45-20:15



FACEBOOK

BEAC Labdarúgás



WHERE?

ELTE-BEAC Pluhár
István Football Field



WEBSITE

beacfoci.hu



CONTACT

Gergely Kovács
hajra.beac@gmail.com



POLEFITNESS

Móni Marosi - head of department

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



FACEBOOK

BEAC Pole
& Aerial Art



WHERE?

Professional Pole
Dance Stúdió



INSTAGRAM

eltebeacpole



CONTACT

Móni Marosi
beacpoleandaerial@gmail.com



FUNCTIONAL TRAINING

Marcell Mészáros | Dániel Szél - coaches

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?

Tue/Thu: 18:00-19:00



FACEBOOK

ELTE-BEAC Erőnlét- és Fitnesz Szakosztály



WHERE?

Bogdánfy sports hall



INSTAGRAM

beacforce



CONTACT

Marcell Mészáros

beac.eronlet.fitnesz@gmail.com



CALISTHENICS

Márton Mészáros | Dániel Szél - coaches

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: 18:00-19:00



FACEBOOK

ELTE-BEAC Erőnlét- és Fitnesz Szakosztály



WHERE?

Bogdánfy sports hall



CONTACT

Dániel Szél

beac.eronlet.fitnesz@gmail.com



CHEERLEADING

Bence Nagy-Kismarci - head coach



WHEN?

Mon-Thu: 18:00-20:00



ELTE Cheer Team



WHERE?

Bogdánfy sportscomplex



eltecheerleading



CONTACT

Kata Maurer

cheer@beac.elte.hu



www.eltecheer.hu

Cheerleading is a sport composed of dance and acrobatics. Regardless of pre-training, everyone is welcome to our team! Besides cheerleading-specific training, we put great emphasis on strengthening, stretching and the dance team learns different types of ballet-based combinations. This sport discipline develops stamina, strength, flexibility and agility. Members of the cheerleader team can perform at various prestigious events, TV shows and festivals. We also take the team to competitions so you can travel the world with us. Our sportsmen visited several big cities in Europe, they have been to the USA and Asia as well. If you would like to do a real team sport, this is where you want to be!



FACEBOOK
ELTE-BEAC Jóga



WHERE?
BEAC Fitness room



CONTACT
BEAC Office
joga.eltebeac@gmail.com



WHEN?
Wed: 19:00-20:30



WEBSITE
www.beac.hu

ENERGY FLOW YOGA

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?
Tue/Thu: 18:00-19:15 (beg.)
19:15-20:30 (advanced)



WHERE?
Mérnök street sports complex



CONTACT
Bianka Bukovics
eltejazztanc@gmail.com



ELTE Moderntánc



ELTE-BEAC Táncok



eltemoderntanc

MODERN DANCE

Bianka Bukovics - coach

Dance is a form of art and a sport at the same time. In this style you can find yourself, express your inmost feelings and acquire a broad dance technical and background knowledge to do so. We learn modern dance techniques, contemporary dance and jazz dance but our classes often include contact dances as well. I recommend it for those who like dancing, following the music and are interested in a style that is based on classical ballet, isolations and natural movements.



WHEN?
Mérnök street sports complex



WHERE?
H: 18:30-20:00 - Mérnök
Cs: 16:30-Mérnök



CONTACT
Rita Juranits
eltehiphop@gmail.com



ELTE Moderntánc



ELTE-BEAC Táncok



eltemoderntanc

HIP-HOP

Rita Juranits - coach

Are you interested in hip-hop culture? Would you like to learn some old school moves or you're more keen on new style? If you would like to awe your friends at weekend parties, or just need a bit more self-confidence and develop stamina with dance, this is where you have to be! My classes are based on the conscious use of the body, strengthening and stretching muscles adequately and of course developing improvisation skills.



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?

Tue/Thu: 18:00-19:00



FACEBOOK

ELTE-BEAC Indoor Cycling



WHERE?

BEAC Fitness room



CONTACT

BEAC Office
cycling.beac@gmail.com



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?

Thu: 18:00-19:30



FACEBOOK

BEAC SUP



WHERE?

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



CONTACT

Noémi Horváth
supelte@gmail.com



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/Wed: 19:00-20:00
Tue/Thu: 6:00-, 18:00-



FACEBOOK

Polythlon Egyetemi Triathlon Klub



WHERE?

Hajós and Tüske
Swimming Hall



WEBSITE

polythlon.hu



CONTACT

Tamás Molnár
polythlonklub@gmail.com



INSTAGRAM

polythlon_etk