



ZHS
Zentraler
Hochschulsport
München

ZENTRALER HOCHSCHULSPORT MÜNCHEN (ZHS)

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Am Olympiacampus 11, 80809 München





Martial arts, trend- and recreational sports



Wintersports



Watersports



Mountainsports and climbing



Ball- and playsports



Fitness and healthsports

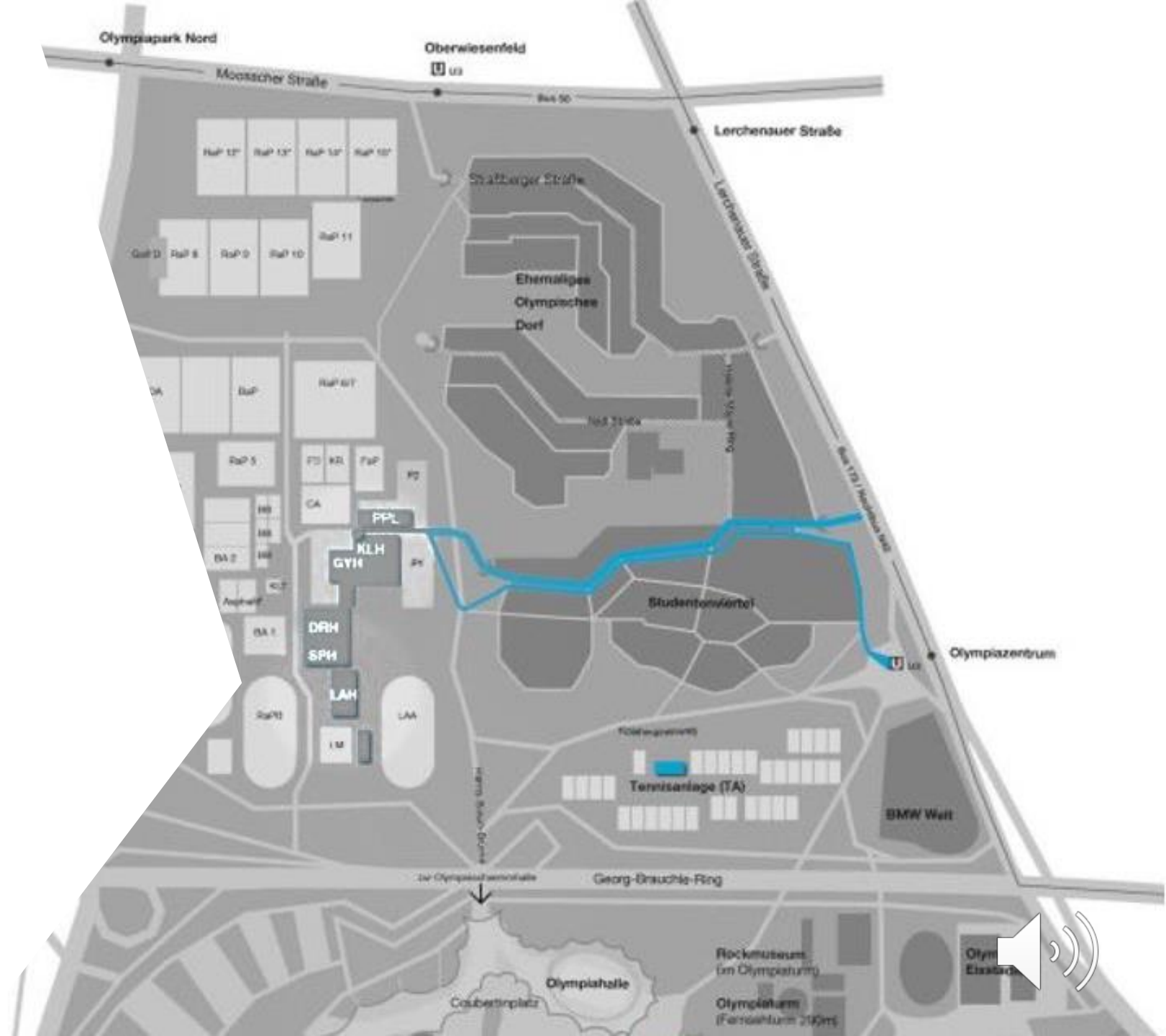


WHERE TO FIND US

Most courses take place at the Campus
in the Olympic park:

Subway station: **Olympiazentrum (U3)**

TUM Campus im Olympiapark
Am Olympiacampus 11, 80809 München



OLYMPIC GAMES 1972



Facilities:



- Olympia park
- Olympic swimming hall
- Beach- and tennis courts



1.

LOCATIONS

1. Olympiapark Campus

11 sports halls

15 football fields

an indoor and outdoor climbing and bouldering facility

beach and tennis complex with 13 beach volleyball courts and 21 tennis courts.

Olympic Swimming Hall.

2.

2. Freising, Triesdorf and Landshut

sports halls

Dance and gymnastics halls

Beachvolleycourts

football fields

3.

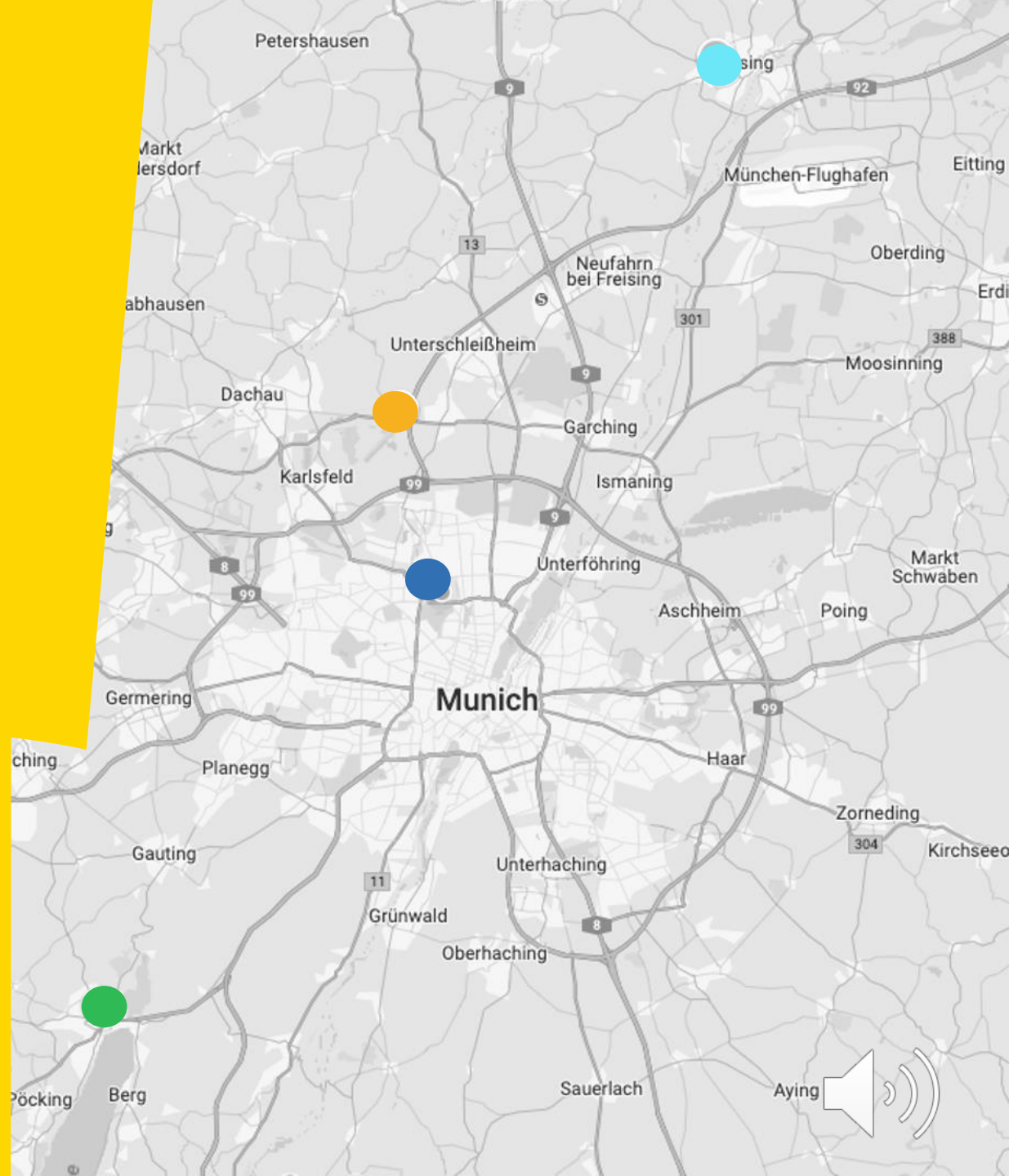
3. Watersports area Starnberger See

Water Sports

4.

4. Olympia-Regatta-Anlage in Oberschleißheim

Water Sports





ZHS Facts:

- Germany's largest university sports facility
- 600 courses in more than 100 different sports
- More than 15,000 participants per semester
- 125,000 students and 30,000 employees have usage rights
- A wide range of sports from 12 euros
- Competitive and recreational sports











GETTING STARTED WITH ZHS

Our Website:

www.zhs-muenchen.de

How to book a course:

1. Choose a course from our list

 <p>Akrobatik - Freising</p> <p>Akrobatik Anfänger Partner- und Gruppenübungen führen an die verschiedenen grun...</p> <p>Zum Angebot ></p>	 <p>Badminton - Freising/Triesdorf/Landshut</p> <p>Hier findet ihr unsere Kursangebote für Badminton Anfänger und Fortgeschrittene ...</p> <p>Zum Angebot ></p>	 <p>Badminton Freies Spiel - Freising</p> <p></p> <p>Zum Angebot ></p>	 <p>Ballet - Freising</p> <p>Language: English spoken course General information for all courses: Equipment: ...</p> <p>Zum Angebot ></p>
 <p>Basketball - Freising und Landshut</p> <p>Hier findet ihr Angebote zu Kursen</p>	 <p>Beachvolleyball - Freising</p> <p>Je nach Witterung werden die Beachvolleyballanlagen ab Anfang</p>	 <p>Beachvolleyball - Landshut</p> <p>Je nach Witterung werden die Beachvolleyballanlagen ab Anfang</p>	 <p>Campuslauf - Landshut</p> <p>24.6.2025 / 4500 m / flach und schnell Im Rahmen der Eröffnung</p>

Find our website here:



HOW TO BOOK A COURSE

2. Log in with your university user account



Log in!

To book this product, you need to log in.

Login



Login

Wähle eine Option zum Einloggen

Login mit TUM-Account

Login mit HAW Landshut-Account

Login mit HM-Account

Login mit HS Weihenstephan-Triesdorf-Account

Login mit LMU-Account

Login mit E-Mail

Du hast keinen Zugang?

[Erstelle ein Konto](#)



HOW TO BOOK A COURSE

3. Add the course of your choice to the shopping cart and click „Go to checkout“

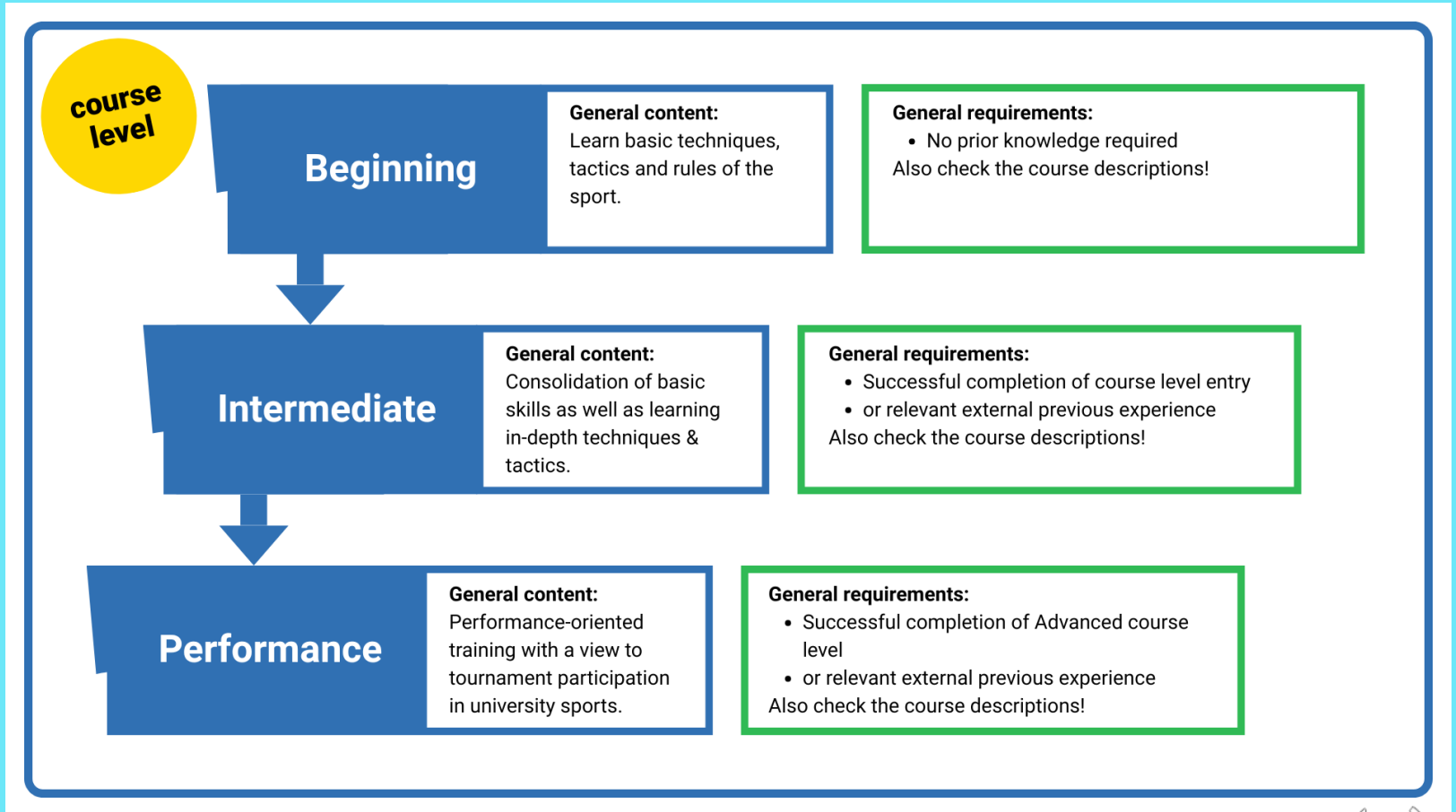
4. Fill in your personal data and complete the payment process

5. You receive your booking confirmation via email.

→ For more detailed information check our video tutorials on YouTube!



COURSE LEVELS



TRAININGS

with special requirements for bookings

F-Training

Use of the fitness studio (FIT) at TUM CiO as part of the **"Strength Training - Studio - Under Supervision"** course.

Booking requirements:

- Successful participation in the "Strength Training - FIT Introductory Course" course (External previous knowledge and qualifications are not recognized)

K-Training

Use of the ZHS climbing and bouldering facilities (KBH/KBA) at TUM CiO, after booking a time slot.

Booking requirements:

- DAV lead climbing certificate, also available through ZHS courses (see course descriptions in the Climbing section)
- Or mountain guide qualifications/trainer certificates in mountaineering and climbing





BOOK YOUR COURSE!

Bookingstart	Time	Cathegories
MUNICH:		
01.10.2025	08:00	Mountain & Climbing Sports Outdoor
01.10.2025	08:00	Climbing & Bouldering Indoor
01.10.2025	09:00	Swimming & Diving
01.10.2025	10:00	Ball & Team Sports
01.10.2025	11:00	Fitness & Strength Training
01.10.2025	12:00	Dance & Movement Arts
01.10.2025	12:00	Body & Mind
01.10.2025	13:00	Canoeing & Rowing
01.10.2025	14:00	Sailing, Surfing, SUP
01.10.2025	15:00	Gymnastics
01.10.2025	15:00	Athletics
01.10.2025	16:00	Martial Arts
17.11.2025	10:00	Winter Sports

See our full
programm
online

Here,
from 29. Sept.:





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