



Physical Activities and Sports (PAS)	CY	DE	ES	FI	FR	LV	MT
Contact sports							
Boxing (thai,...)					FR		
Judo							
Karate							
Kickboxing							
Martial Arts							
Self defense	CY						
Guided activities with musical support							
Body combat							
Body pump							
Breakdance						LV	
Capoeira							
Indoor cycling			ES				
Dancing							
Zumba			ES		FR		
Step aerobics			ES				
Autogenic training							
Breathing exercises		DE					
Progressive muscle relaxation							
Therapeutic back exercises							
Meditation							
Pilates					FR		
Tai Chi course							
Yoga			ES	FI			
Stretching							
Strength and cardio based activities							
Bodybuilding			ES			LV	MT
Circuit training	CY		ES	FI	FR	LV	
Indoor climbing boulder							
Fitness	CY	DE	ES				MT
Crossfit			ES			LV	
Power lifting							
Pull-ups							
Indoor rowing							
Tug of war							
Street workout						LV	
Athletics							
Jogging							
Nordic walking							



Physical Activities and Sports (PAS)	CY	DE	ES	FI	FR	LV	MT
Racewalking							
Running		DE					
Cardio training							
Weight lifting				FI		LV	
Swimming			ES				

Racket sports	CY	DE	ES	FI	FR	LV	MT
Badminton	CY	DE		FI			
Beach tennis	CY						
Frontennis							
Paddle tennis							
Squash			ES				
Table tennis	CY		ES			LV	MT
Tennis	CY						

Sport activities in natural environment	CY	DE	ES	FI	FR	LV	MT
Nordic skiing							
Trekking outdoor					FR		

Ball sports	CY	DE	ES	FI	FR	LV	MT
Basketball	CY					LV	
Floorball	CY			FI		LV	
Football	CY			FI		LV	MT
Finnish baseball (Pesäpallo)				FI			
Handball							
Hockey							
Futsal		DE					
Rugby					FR		
Volleyball		DE	ES			LV	
Waterpolo							
8-Ball							MT
Table soccer							

Others	CY	DE	ES	FI	FR	LV	MT
BMX track							
Skating							
Slackline							
Circus artistic arts					FR		
Indoor golf							
Disc golf							
Chess							
Dartboard							