



ELTE

2024 | 2025

**ELTE**  
**SPORT COMPASS**



**BEAC**  
**-1898-**

# WELCOME AT BEAC!

INTRODUCING SPORTS AT ELTE

## WHO ARE WE?

BEAC IS ELTE'S SPORT CLUB SINCE ITS ESTABLISHMENT

**IN 1898**

NOW ONE OF THE OLDEST ATHLETICS CLUBS IN HUNGARY.



IT CAN BE PROUD OF **6** OLYMPIC CHAMPIONS SO FAR - AND IS STILL COUNTING.

## WHY WE DO

BECAUSE WHEREVER YOU'RE FROM, YOU SPEAK SPORTS.

## WHAT WE DO



NOW, BEAC WELCOMES EVERYONE FROM ALL AGES AND NATIONS, GENDERS AND CULTURES, STUDENTS AND TEACHERS, PROS AND HOBBY ATHLETES.

## MAKING THE UNI MOVE

SPORTLIFE AT ELTE IS POLARIZED AROUND TO MAJOR FIELDS

### SPORT COURSES FOR CREDITS

TO DO THAT, YOU NEED TO:

1. SEARCH FOR COURSES VIA NEPTUN BY TYPING **VTN** COURSE CODE IN THE SEARCHES
2. APPLY TO A COURSE
3. PAY THE SUPER-DISCOUNTED FEE
4. ENJOY YOUR CLASSES THROUGHOUT THE SEMESTER

### TRAININGS ORGANIZED BY BEAC

TO DO THAT, YOU NEED TO:

1. CHECK THE WEBSITE OF BEAC
2. FIND THE PERFECT SPORT FOR YOU
3. APPLY AS INDICATED OR CONTACT THE SPORT DEPARTMENT
4. PURCHASE YOUR SEASON PASS OR CLASS TICKETS
5. GO TO YOUR TRAINING AND GAIN SOME CORE MEMORY



## CONTACT

ELTE.BEAC

WWW.BEAC.HU

BEAC1898

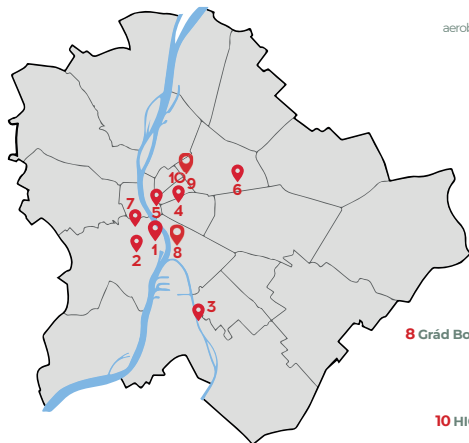
SZERUEZES@BEAC.ELTE.HU



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# SPORT VENUES AND EVENTS



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

**1 Tüske Hall and Swimming Hall** - 1117 Magyar Tudósok körútja 7.  
aerobics, basketball, futsal, swimming, women's handball

**2 Mérnök street sports complex** - 1119 Mérnök st. 35.  
football, football championships, 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

**5 ELTE Apáczai Csere János High School** - 1053 Papnövelde st. 4.  
aerobics

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

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

**8 Grád Boxing Family - Soroksári Street Tesco's strip mall** - 1097 Koppány st. 2.  
boxing

**9 The Stage Lounge & Priveé** - 1073 Kertész st. 43  
aerial hammock&silik, aerial hoop

**10 HIGH FLY Budapest Professional Pole & Aerial Studio** - 1066 Teréz st. 10  
polefitness

## ELTE Sports Week

9-13th of September 2024

FB: ELTE Sport7 2024



## XLVI 5vös5 Running Contest

29th of September 2024

5vos5km.elte.hu



## V.KEK Run Running Contest

8th of March 2025

FB: KEK Run 2025



**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](https://beacfoci.hu)



## AEROBICS



### WHEN?

Every day of the week



### FACEBOOK

BEAC Aerobik



### WHERE?

8 venues



### INSTAGRAM

beacaerobik



### CONTACT

Zsófia Márton-Szűcs  
beacaerobik@gmail.com



### WEBSITE

beacaerobik.hu

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.



## AERIAL HAMMOCK & SILK



### WHEN?

Weekdays



### FACEBOOK

BEAC Pole  
& Aerial Art



### WHERE?

Bogdánfy sports complex  
The Stage Lounge &  
Privéé



### INSTAGRAM

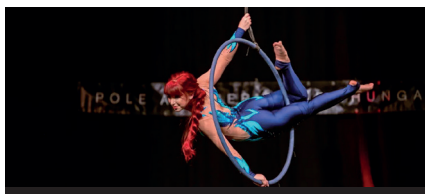
beac\_pole\_aerial



### CONTACT

Móni Marosi  
beacpoleandaerial@gmail.com

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.



## AERIAL HOOP



### WHEN?

Weekdays



### FACEBOOK

BEAC Pole  
& Aerial Art



### WHERE?

Bogdánfy sports complex  
The Stage Lounge &  
Privéé



### INSTAGRAM

beac\_pole\_aerial



### CONTACT

Móni Marosi  
beacpoleandaerial@gmail.com

Come, fly with us!

Aerial hoop (or lyra) is a form of aerial gymnastics, during which various exercises and combinations of exercises are performed on an iron hoop attached to the ceiling and suspended through a strap. Even the basic tricks are very impressive, and as the device itself is constantly improving your skills, you can progress surprisingly fast and over time you can master combinations and even acrobatic elements in the class that you wouldn't even dream about now.



## BACHATA



### WHEN?

Wed: 16:00-17:30



### FACEBOOK

ELTE-BEAC Táncok



### WHERE?

Art's Harmony Studio



### CONTACT

Illinger Simon  
eltelatintancok@gmail.com

The bachata has been the most dynamically developing Latin dance for years and is now the most popular genre, you can use it at many bachata parties in Budapest. In the classes we develop your body awareness, harmonious movement and the development of male-female roles, all with figures that can be learnt by everyone. You can come in solo or with friends, the class is basically partnered, but you can also stay with a fixed partner. Either way, there's a great community waiting for you!



## BOXING



### 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

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.



## CHEERLEADING



### WHEN?

Weekdays



ELTE Cheer Team



### WHERE?

Bogdánfy sports  
complex



eltecheerleading



www.eltecheer.hu



### CONTACT

Kata Maurer  
cheer@beac.elte.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!



## FOOTBALL



### WHEN?

Tue/Thu: 18:45-20:15



### FACEBOOK

BEAC Labdarúgás



### WHERE?

ELTE-BEAC Pluhár  
István Football Field



### WEBSITE

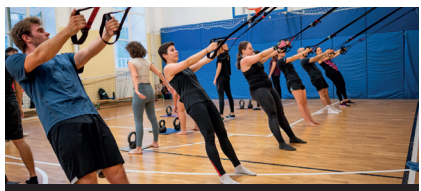
beacfoci.hu



### CONTACT

Gergely Kovács  
hajra.beac@gmail.com

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!



## FUNCTIONAL TRAINING



### WHEN?

Tue/Thu: 18:00-19:00  
and 19:00-20:00



### FACEBOOK

ELTE-BEAC Erőnlét- és  
Fitnesz Szakosztály



### WHERE?

Bogdánfy Mirror Room



### INSTAGRAM

beacforce



### CONTACT

Marcell Mészáros  
beac.eronlet.fitnesz@gmail.com

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.



## HIP-HOP



### WHEN?

Méznök street sports  
complex & Garay Dance  
Corner



ELTE Moderntánc



ELTE-BEAC Táncok



eltemoderntanc



### WHERE?

Mon: 18:00-20:00 - Méznök  
Thu: 16:30-18:00 - Méznök  
Fri: 17:30-18:30 - Garay



### CONTACT

Rita Juranits  
eltehiphop@gmail.com

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.





## KICK-BOX



### WHEN?

Mon/Wed: 19:00-21:00



### FACEBOOK

ELTE Kick-box



### WHERE?

Mérnök street sports complex



### CONTACT

Márk Németh  
nemethmark9700@gmail.com

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!



## MODERN DANCE



### WHEN?

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



ELTE Moderntánc



ELTE-BEAC Táncok



### WHERE?

Mérnök street sports complex



eltemoderntanc



### CONTACT

Bianka Bukovics  
eltejazztanc@gmail.com

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.



## POLEFITNESS



### WHEN?

Weekday evenings



### FACEBOOK

BEAC Pole & Aerial Art



### WHERE?

Bogdánfy sports complex & HIGH FLY Professional Pole & Aerial Studio



### INSTAGRAM

beac\_pole\_aerial



### CONTACT

Móni Marosi  
beacpoleandaerial@gmail.com

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!



## **Running**



### **WHEN?**

Mon/Wed: 18:00-19:30  
intermediate- advanced  
Thu: 17.00-18.00 | beginner



### **FACEBOOK**

BEAC Triathlon



### **WHERE?**

BEAC Triathlon room



### **WEBSITE**

beactriathlon.hu



### **CONTACT**

Tamás Molnár  
triathlon@beac.elte.hu



### **INSTAGRAM**

beactriatlon

Running is an enjoyable, joyful exercise which has serious preventive healthcare benefits. You just need to do it and the results speak for themselves.

The friendly atmosphere of the BEAC Triathlon running team makes the runs enjoyable. The variety of venues and skill teams provide great opportunities for both short distance and marathon training. If you want to improve, join in! We welcome you at 3 different levels.



## **SUP**



### **WHEN?**

Thu: 18:00-19:30



### **FACEBOOK**

BEAC SUP



### **WHERE?**

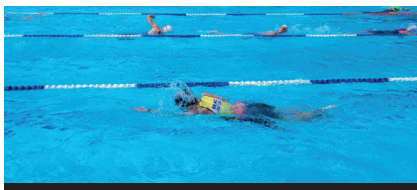
ELTE Watersports complex  
1237 Bp., Vízisport street. 48.



### **CONTACT**

Noémi Horváth  
supelte@gmail.com

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.



## **Swimming**



### **WHEN?**

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



### **FACEBOOK**

BEAC Triathlon



### **WHERE?**

Hajós and Tüske  
Swimming Hall



### **WEBSITE**

beactriathlon.hu



### **CONTACT**

Tamás Molnár  
triathlon@beac.elte.hu



### **INSTAGRAM**

beactriatlon

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!