

## Sport in Regensburg

### WHERE can you do sport for free in Regensburg?

#### WHAT can you do?

##### **Halle 37 in the city of Regensburg - free of charge**

You can do sport free of charge in the leisure sports hall.

You can go there without registering.

You can join in anywhere.

You can take your family and friends with you.

You can try out many different types of sport.

You can also chill out here.

##### **Opening hours:**

Monday to Friday 14:00 to 20:00

##### **Address:**

[Dieselstraße 7, 93093 Regensburg](#)

Further information can be found here on the Internet:

[Stadt Regensburg - Sport- und Freizeitangebote - Halle 37 - Freizeitsporthalle](#)

##### **Sport im Park - free of charge**

Sport in the Park is a sports programme for older people.

You can take part free of charge.

You can take part without registering.

You don't need any special sports clothing.

The programmes are offered in various parks in Regensburg.

The offer is available every year from 2 May to 31 October.

You can find current information and the programme here:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

##### **Regensburg goes fit - free of charge**

You do fitness in the open air.

You can do yoga, Zumba, functional training and energy dance.

The programme is available every summer from June to July.

When? Every Sunday from 4 pm to 7 pm.

Professional trainers are there for you.

You can find up-to-date information and the programme here:

[Stadt Regensburg - Sport- und Freizeitangebote - Regensburg goes FIT 2025](#)

##### **Campus Asyl does sport - free of charge**

You can do sport for free at Campus Asyl.

You can go without registering.

You can:

- swim
- Ride a bike

- dance
- play foot-ball
- much more

Here you will find current information and the programme:

[Sport | CampusAsyl e.V.](#)

### **Other outdoor sports activities - free of charge**

You can also do sport on your own.

Or with friends.

Football, skating, curling, beach volleyball, fitness and boccia.

Here you can see where you can do these sports:

[Stadt Regensburg - Sport u. Freizeit - Sportstätten und Freizeitanlagen](#)

If you have children, you can go to playgrounds.

You can make friends on playgrounds.

There are lots of playgrounds in Regensburg.

There are lots of different ways to play.

Here you can see where the playgrounds are:

[Stadt Regensburg - Sportstätten und Freizeitanlagen - Regensburger Spielplätze](#)

Playgrounds often have football pitches and benches.

That's good.

So everyone has fun!

### **Jogging**

You can jog anywhere in the city.

That's normal.

Pay attention to the traffic rules!

There are many important traffic rules in Germany.

You must observe these rules.

### **Other sports facilities**

There are other sports halls and sports grounds in Regensburg.

These often belong to a **club**.

You have to become a member of a **club**.

This usually costs money.

You can then do different types of sport.

Ask at a club in your neighbourhood.

Look under "Sports clubs":

[Sport-Vereine und andere Vereine; Vereine von Migranten - Stadt Regensburg | Integreat](#)

Search here for a club for you:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

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**Women's integration through sport with fun (FIT Regensburg)**

As a woman, you can join the project FIT Regensburg immediately.

These are low-cost sports programmes especially for women with and without a migration background.

You can take part in Zumba, women's fitness, body shaping or progressive muscle relaxation.  
You can cycle for free.

The sports programmes sometimes include childcare.  
Sometimes there is a play corner for children.

You can find more information here on the Internet:

[Stadt Regensburg - Sport- und Freizeitangebote - Sport für Frauen](#)

**Fitness centres and course providers**

You can also do sports very well outside of sports clubs.

You can go to fitness centres.

These programmes cost money.

You often have to sign a contract.

This means you have to pay for at least a year.

Read the contract carefully!

Search the internet for "fitness studio".

**Professional sport in Regensburg**

There is also professional sport at Regensburg!

For example:

- Football
- base-ball
- Ice hockey
- Tennis...  
⇒ Take a look at the professional clubs: Top sport Regensburg.

Here you will find lots of information about the clubs:

[Startseite - SpitzenSport Regensburg](#)