

UVa

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CIA

Sports Service

Universidad de Valladolid



Servicio de Deportes
Campus de Palencia

UVa



Universidad de Valladolid



Junta de
Castilla y León



UVa SALUDABLE
Universidad de Valladolid



Sport
Card



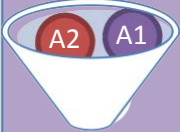
Campus de la Yutera (Av. Madrid 50)
Campo de la Juventud (Av. Cardenal Cisneros 12)
Complejo Eras de Santa Marina (C/ S. Antonio)
Complejo Campos Góticos (Av. Campos Góticos)
Complejo Isla Dos Aguas (C/ Ponce de León)

Fraiddithes



Sport card

D.A.N.



Credit acknowledgement

Actividades



Athletic Scholarships



The mission of the Sports Service of the Palencia campus is to promote, organise and encourage the acquisition of healthy lifestyle habits, as an integral formation of the person, through a Programme of Physical-Sports Activities.



Registration 2nd Quarter: 8/01/19 - 18/01/19 Start
Quarter: 4/02/19 - 30/05/19



Price for gym activities:
Quarterly: 42€ University students. 45€ Non-university
Annual: 84€ University students. 90€ Non-university



Price for La Yutera Gym:
Quarter: 40€ University students. 45€ Non-university
Annual: 70€ University students. 80€ Non-university



CREDIT ACKNOWLEDGEMENT:
Any sporting activity organized by the sports service can be recognized by ECTS credits, made in the current course.
Ordinary application deadline: 6/05/19 - 24/05/19
Extraordinary deadline for TFG students: 8/01/19-15/01/19

Cronos (C/ Juan de Balmaseda 7)

Guided

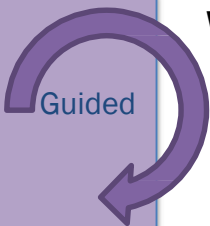
Activity	Places	Days	Timetable	
Kizomba	10	Thursday	21:30-22:30	
Argentine Tango	10	Thurs	19:30-20:30	
Latin dance initiation	10	Mon/Miérc	20:30-21:30	
Batuka-Zumba	6	Mon/Miérc	19:30-20:30	
Cronos Pump	14	Mon/Miérc	08:00-09:00	
	6	Mon/Miérc	18:30-19:30	
	6	Mar/Juev	20:30-21:30	
Indoor Cycle	4	Mar/Juev	08:00-09:00	
GAP	8	Mon/Miérc	21:30-22:30	
	4	Mar/Juev	18:00-19:00	
Fitness Room	40	L/M/X/J/V /S/D	08:00-17:00	2 days to choos
	40	L/M/X/J/V /S/D	17:00-23:00	
Pilates	10	Mon/Mi	17:00-18:00	
Step	6	Tue/Tuesd	19:30-20:30	

Dochang (C/ Los Trigales 13)

Activity	Places	Days	Shedule	
Ciclo Indoor	4	Tues/Thurs	11:00-12:00	
	4	Mon/Wedn	19:15-20:15	
Circuit Training	4	Tues/Thurs	20:00-21:00	2 days to choose
	10		08:00-14:00	
Muscle building	10		14:00-21:00	
	5	Mon/Frid	09:30-10:30	
Pilates	5	Tues/Thurs	19:00-20:00	

Campus La Yutera (Avd Madrid 50)

Activitv	Places	Days	Schedule	
Aikido	25	Tues/Thurs	20:00-21:00	
Taekwondo	25	Mon/Wedn	18:00-19:00	
Ninjutsu	25	Tues/Thurs	18:30-20:00	



Guided

Wifit gym (C/ Mayor 101)

Activity	Places	Days	Schedule	
WI Core	10	Tues/Thurs	14:30- 15:00 15:00-15:30	
Body Pump	10	Tues/Thurs	15:00-16:00	
Zumba	10	Mon/Thurs	16:30-17:30	
Fitness	20	M/T/W/T/F	the one that fits you best	2 days 2 choos
Bolybood	10	Wednesday	16:30- 17:30	
Queenax	10	Tues	16:30- 17:30	
Body Balance	10	Mon /Wed	14:30-15:30	

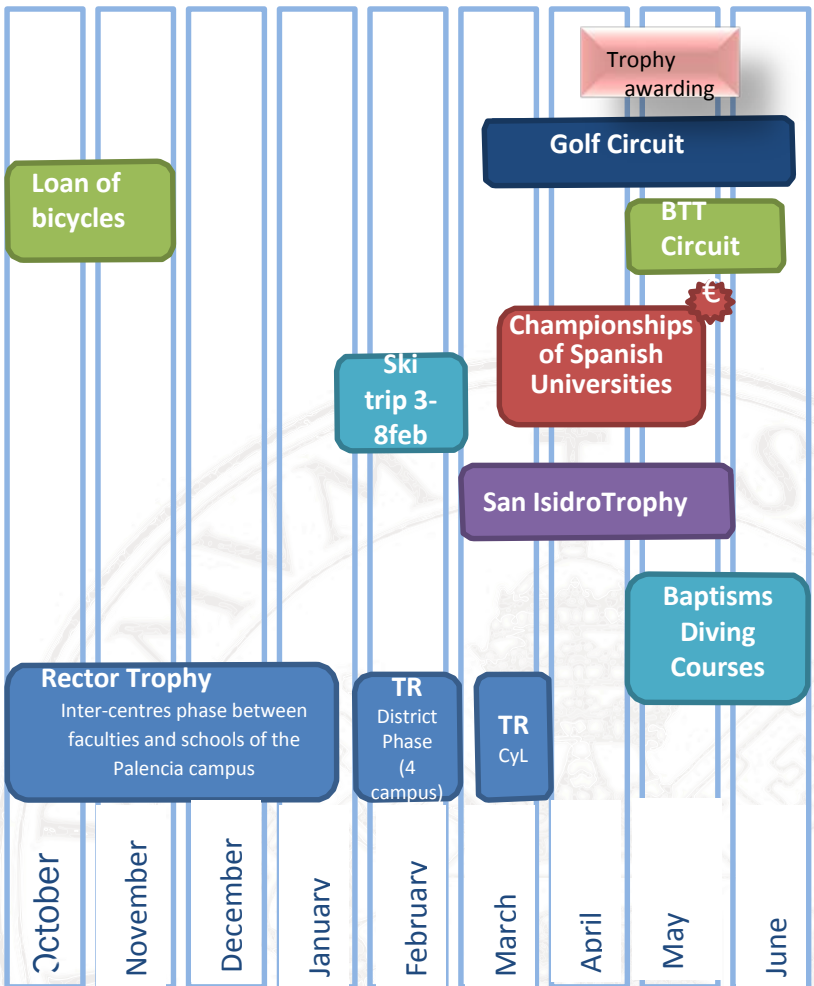
Pulsaciones (C/ Romanceros 1)

Activity	Places	Days	Schedule	
Abs	10	Tues/Thurs	18:00-19:00	
Bodypump	6	Mon/Wed/Fri	08:00-09:00	2 days 2 choose
	6	Mon/Wed/Fri	18:00-19:00	2days 2 choose
	4	Mon/Thurs	21:15-22:15	
Fitness	6	Tues/Thurs	9:00-10:00	
	60	M/T/W/T/F	07:00-14:00	2 days 2 choose
	30	M/T/W/T/F	18:00-21:00	
	30	M/T/W/T/F	22:00-23:00	
	60	Saturday	10:00-19:00	
60	Sunday	10:00-14:00		
Pilates	6	Mon/Wed	09:00-10:00	2 days
	6	Wed/Frid	9:00-10:00	2 choose

Competitives



INSCRIPCIONES RECTOR TROPHY: 24 SEPT- 5 OCT
START OF COMPETITION: 10 OCTOBER 2019
INSCRIPCIONES SAN ISIDRO TROPHY: 18FEB- 28FEB
START OF COMPETITION: 4 MARCH 2019



 Sports scholarships

University Competitions

Timeframe

¿Where are we? <http://deportes.uva.es>



UVa



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