



UNIVERSIDAD
DE MÁLAGA

Vicerrectorado de Estudiantes
y Deporte

Servicio de Deporte Universitario

TARIFA PLANA ESTUDIANTADO

Grado, Posgrado y Movilidad

20 €

tarifa
mensual

Actividades dirigidas

Calistenia

Circuito de carreras

Escuelas deportivas

Gimnasio exterior

Pista de atletismo

Piscina

Sala cardiovascular

Más información:
deportes.uma.es





TARIFA PLANA ESTUDIANTADO

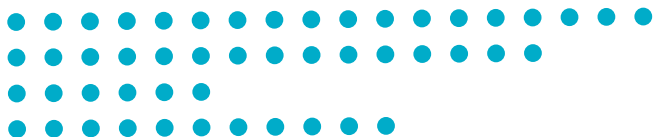
Grado, Posgrado y Movilidad



GRATIS PARA ALUMNOS CON BECA
DE CARÁCTER GENERAL MEFP,
CON AYUDA FIJA POR RENTA, O DE
COHESION SOCIAL GRADO/MASTER

ESCUELAS UNIVERSITARIAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
08:30 – 09:30						
10:00 – 12:00						ESCUELA UNIVERSITARIA WATERPOLO
16:00 – 17:30		ESCUELA UNIVERSITARIA BALONCESTO MIXTO		ESCUELA UNIVERSITARIA BALONCESTO MIXTO		
18:00 – 19:00		ESCUELA UNIVERSITARIA VOLEY-PLAYA MIXTO		ESCUELA UNIVERSITARIA VOLEY-PLAYA MIXTO		
19:30 – 20:30	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL		
20:30 – 21:30	ESCUELA UNIVERSITARIA FÚTBOL 7 MIXTO	ESCUELA UNIVERSITARIA FÚTBOL-SALA MIXTO	ESCUELA UNIVERSITARIA FÚTBOL 7 MIXTO	ESCUELA UNIVERSITARIA FÚTBOL-SALA MIXTO		
20:30 – 21:30	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL	ESCUELA UNIVERSITARIA VOLEIBOL		



TARIFA PLANA ESTUDIANTE

Grado, Posgrado y Movilidad

ACTIVIDADES DIRIGIDAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
08:30 – 09:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
09:30 – 10:15		GAP		GAP	
09:30 – 10:00					CORE
09:30 – 10:30	PILATES	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
10:30 – 11:00		CORE		CORE	
10:30 – 11:30	ZUMBA	FUNCTIONAL TRAINING	ZUMBA	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
11:30 – 12:30	FUNCTIONAL TRAINING ¹	FUNCTIONAL TRAINING ¹	FUNCTIONAL TRAINING ¹	FUNCTIONAL TRAINING ¹	FUNCTIONAL TRAINING ¹
12:00 – 13:00	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR
13:00 – 14:00	POWER BIKE	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR	POWER BIKE
12:30 – 13:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
13:30 – 14:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
14:30 – 15:30	CICLISMO INDOOR	AEROFITNESS	CICLISMO INDOOR	AEROFITNESS	CICLISMO INDOOR
	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
14:30 – 15:00					CORE
15:00 – 16:00		PILATES		PILATES	
15:30 – 16:30	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
15:30 – 16:15	GAP	GAP	GAP	GAP	GAP
16:00 – 17:00	POWER BIKE	CICLISMO INDOOR	POWER BIKE	CICLISMO INDOOR	POWER BIKE
16:15 – 17:00		GAP		GAP	GAP

SÁBADO (09:00-10:00 / 10:00-11:00 / 11:00-12:00 / 12:00-13:00): FUNCTIONAL TRAINING

¹ Estas sesiones se reservan a los usuarios que tengan un nivel avanzado.

TARIFA PLANA ESTUDIANTE

Grado, Posgrado y Movilidad

ACTIVIDADES DIRIGIDAS

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
16:30 – 17:30	PILATES	FUNCTIONAL TRAINING ¹		FUNCTIONAL TRAINING ¹	PILATES	FUNCTIONAL TRAINING ¹		FUNCTIONAL TRAINING ¹		FUNCTIONAL TRAINING ¹
17:30 – 18:30	PILATES	FUNCTIONAL TRAINING ¹	PILATES	FUNCTIONAL TRAINING ¹	PILATES	FUNCTIONAL TRAINING ¹	PILATES	FUNCTIONAL TRAINING ¹	PILATES	FUNCTIONAL TRAINING ¹
18:00 – 19:00	ZUMBA		AERODANCE		ZUMBA		STREET DANCE		AEROBOX	
18:30 – 19:30	PILATES	FUNCTIONAL TRAINING ¹	CICLISMO INDOOR	FUNCTIONAL TRAINING ¹	PILATES	FUNCTIONAL TRAINING ¹	CICLISMO INDOOR	FUNCTIONAL TRAINING ¹		FUNCTIONAL TRAINING ¹
18:30 – 19:15			ZUMBA				ZUMBA			GAP
19:00 – 19:30										
19:00 – 20:00	POWER BIKE	STREET DANCE	CLUB RUNNING UMA	BODYFITNESS	POWER BIKE	AEROBOX	AERODANCE	CLUB RUNNING UMA	STREET DANCE	POWER BIKE
19:30 – 20:30	FUNCTIONAL TRAINING ¹			POWER BIKE	FUNCTIONAL TRAINING ¹		POWER BIKE	CLUB RUNNING UMA	FUNCTIONAL TRAINING ¹	
				BAILES LATINOS (A)			BAILES LATINOS (A)			
			FUNCTIONAL TRAINING ¹				FUNCTIONAL TRAINING ¹			
	CALISTENIA		CALISTENIA		CALISTENIA		CALISTENIA		CALISTENIA	
20:00 – 21:00	CICLISMO INDOOR	AEROBOX	STREET DANCE		CICLISMO INDOOR	AERODANCE	BODYFITNESS		BODYFITNESS	CICLISMO INDOOR
20:15 – 21:00	GAP				GAP					
20:30 – 21:30	FUNCTIONAL TRAINING ¹		FUNCTIONAL TRAINING ¹	BAILES LATINOS (I)	FUNCTIONAL TRAINING ¹		BAILES LATINOS (I)	FUNCTIONAL TRAINING ¹		FUNCTIONAL TRAINING ¹
20:30 – 21:30	CALISTENIA		CALISTENIA		CALISTENIA		CALISTENIA		CALISTENIA	

ESPACIOS DEPORTIVOS DE USO LIBRE INCLUIDOS

- > Piscina (nado libre)
- > Sala cardiovascular
- > Pista de atletismo
- > Circuito de carreras
- > Calistenia
- > Gimnasio exterior

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