

CAMPUS DE TARONGERS

ACTIVITIES 1ST AND 2ND TERM

ACTIVITIES ACADEMIC COURSE 2022–2023

These activities **DO NOT PROVIDE CREDITS / ECTS**

UNIVERSITY COMMUNITY FEE: 40 €, 26,25€ or 47,50€ / TERM

EXTERNAL USERS FEE: 40 €, 26,25€ or 47,50€ / TERM + SPORTS CARD

PERIOD: 1ST TERM: 19th Sept 2022 /to 31 st Jan 2023

PERIOD: 2ND TERM: 1st Feb 2023 / to 31 May 2023

ABDOMINALS WITH NO RISK

GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
ABD. NOT RISK	Tatami Room	T - Th	15.15-16.15	Paloma López	40€/Quarter

Number of students per group: 20

AEROBOX

GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
AEROBOX	Tatami Room	T - Th	18.00-19.00	Julian Jaramillo	40€/Quarter

Number of students per group: 25

AERO-GAP

GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
AERO-GAP 1	Aerobic Room	M - W	14.00-15.00	Sergio Elorza	40€/Quarter
AERO-GAP 2	Aerobic Room	T - Th	12.30-13.30	Sergio Elorza	40€/Quarter
AERO-GAP 3	Aerobic Room	T - Th	21.00-22.00	Walter Marín	40€/Quarter

Number of students per group: 25

AEROTONIC

GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
AEROTONIC	Aerobic Room	T - Th	13.30-14.30	Sergio Elorza	40€/Quarter

Number of students per group: 20

ARCHERY

GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
ARCHERY 1	Camp Exterior	T - Th	16.00-17.30	Vicente Palomar	40€/Quarter
ARCHERY 2	Camp Exterior	T - Th	17.30-19.00	Vicente Palomar	40€/Quarter
ARCHERY 3	Camp Exterior	T - Th	19.00-20.30	Vicente Palomar	40€/Quarter

Number of students per group: 20

BACHATA

GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
BACHATA 1 Basic-medium	Aerobic Room	Tuesday	17.00-18.30	Ramón Cuallado	26,25€/Quarter
BACHATA 2 Medium	Aerobic Room	Friday	16.30-18.00	Tony Garland	26,25€/Quarter

Number of students per group: 30

BODY BUILDING

<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
BODY BUILDING 1	S. BODY BUILDING	Monday to Friday	07.00-09.00	Sergio Elorza	47,50€/Quarter
BODY BUILDING 2	S. BODY BUILDING	Monday to Friday	09.00-11.00	Sergio Elorza	47,50€/Quarter
BODY BUILDING 3	S. BODY BUILDING	Monday to Friday	11.00-13.00	Anna Orobal	47,50€/Quarter
BODY BUILDING 4	S. BODY BUILDING	Monday to Friday	13.00-15.00	Anna Orobal	47,50€/Quarter
BODY BUILDING 5	S. BODY BUILDING	Monday to Thursday	15.00-17.30	Anna Orobal	47,50€/Quarter
BODY BUILDING 6	S. BODY BUILDING	Monday to Thursday	17.30-20.00	Millan Martinez	47,50€/Quarter
BODY BUILDING 7	S. BODY BUILDING	Monday to Thursday	20.00-22.00	Millan Martinez	47,50€/Quarter

Number of students per group: 60

CIRCUIT TRAINING					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
CIRCUIT TRAINING	Exterior	M - W	13.00-14.00	Sergio Elorza	40€/Quarter

Number of students per group: 20

CLASSIC AND NEOCLASSIC DANCE (middle)					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
CLAS. AND NEOC. DANCE	Aerobic Room	Thursday	17.00-18.30	Pilar Vallés	26,25€/Quarter

Number of students per group: 20

CONTEMPORANEOUS DANCE					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
CONTEMPOR. DANCE	Aerobic Room	Thursday	15.30-17.00	Isabela Alfaro	26,25€/Quarter

Number of students per group: 20

DANCE AND MOVEMENT					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
DANCE AND MOVEMENT	Tatami Room	M - W	10.00-11.00	Yolanda Peiró	40€/Quarter

Number of students per group: 20

DEFENSE WOMEN					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
DEFENSE WOMEN	Tatami Room	T - Th	19.30-20.30	Luis Muñoz	40€/Quarter

Number of students per group: 20

ESTIRAMIENTOS DE CADENAS MUSCULARES					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
ESTIRAM. CAD. MUSC. 2	Tatami Room	M - W	15.00-16.30	Antonio Linde	40€/Quarter
ESTIRAM. CAD. MUSC. 3	Tatami Room	Friday	13.30-15.00	Carolina E Dominguez	26,25€/Quarter

Number of students per group: 20

FLAMENCO					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
FLAMENCO 1 (Middle)	Aerobic Room	M - W	10.30-12.00	Lucila Duarte	40€/Quarter
FLAMENCO 2 (Middle)	Aerobic Room	M - W	17.30-19.00	Lucila Duarte	40€/Quarter

Number of students per group: 30

FUNKY					
<i>GROUP</i>	<i>PLACE</i>	<i>DAYS</i>	<i>HOURL</i>	<i>COACH</i>	<i>OBSERVATIONS</i>
FUNKY	Aerobic Room	T - Th	19.00-20.00	Victor Bonet	40€/Quarter

Number of students per group: 25

GIRLS STYLE (Salsa y Bachata)					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
GIRLS STYLE (Salsa & Bach)	Aerobic Room	Friday	18.00-19.30	Luciana Topbachian	Medium

Number of students per group: 20

HIP-HOP					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
HIP-HOP	Aerobic Room	T - Th	20.00-21.00	Victor Bonet	40€/Quarter

Number of students per group: 25

HIT (HIGH INTENSITY TRAINING)					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
HIT 1	Aerobic Room	T - Th	14.30-15.00	Sergio Elorza	26,25€/Quarter
HIT 2	Aerobic Room	T - Th	15.00-15.30	Sergio Elorza	26,25€/Quarter

Number of students per group: 20

KINOMICHI					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
KINOMICHI 1	Tatami Room	M - W	19.00-20.30	Robert Bischof	Basic
KINOMICHI 2	Tatami Room	Friday	18.30-20.30	Charo Ortin	perfeccionament

Number of students per group: 20

MAINTENANCE					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
MAINTENANCE	Aerobic Room	M - W	15.00-16.00	Sergio Elorza	40€/Quarter

Number of students per group: 20

PILATES					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
PILATES 1	Tatami Room	M - W	09.00-10.00	Yolanda Peiró	40€/Quarter
PILATES 2	Tatami Room	M - W	13.00-14.00	Sefa Giménez	40€/Quarter
PILATES 3	Tatami Room	M - W	14.00-15.00	Sefa Giménez	40€/Quarter
PILATES 4	Tatami Room	M - W	18.00-19.00	Manuel Caldito	40€/Quarter
PILATES 5	Tatami Room	T - Th	09.00-10.00	Yolanda Peiró	40€/Quarter
PILATES 6	Tatami Room	T - Th	15.00-16.00	Yolanda Peiró	40€/Quarter
PILATES 7	Tatami Room	T - Th	16.00-17.00	Yolanda Peiró	40€/Quarter
PILATES 8	Tatami Room	T - Th	17.00-18.00	Yolanda Peiró	40€/Quarter

Number of students per group: 20

SALSA CUBANA					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
SALSA CUBANA (Basic)	Aerobic Room	Tuesday	15.30-17.00	Ramón Cuallado	26,25€/Quarter

Number of students per group: 25

SEVILLANAS					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
SEVILLANAS 1 (Basic)	Aerobic Room	Monday	12.00-13.30	Luicla Duarte	26,25€/Quarter
SEVILLANAS 2 (middle)	Aerobic Room	Wednesday	12.00-13.00	Lucila Duarte	26,25€/Quarter
SEVILLANAS 3 (Basic)	Aerobic Room	Friday	10.30-12.00	Lucila Duarte	26,25€/Quarter

SEVILLANAS 4 (middle)	Aerobic Room	Friday	12.00-13.30	Lucila Duarte	26,25€/Quarter
-----------------------	--------------	--------	-------------	---------------	----------------

Number of students per group: 25

TAICHI-CHIKUNG					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
TAICHI-CHIKUNG	Aerobic Room	M - W	16.00-17.30	Manuel Rodríguez	40€/Quarter

Number of students per group: 20

TAICHI- CHIKUNG NAU GRAN					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
TAICHI-CHIKUNG NAU GRAN	Aerobic Room	T - Th	11.00-12.30	Magda Chiralt	40€/Quarter

Number of students per group: 30

YOGA					
GROUP	PLACE	DAYS	HOURL	COACH	OBSERVATIONS
YOGA 1	Tatami Room	M - W	16.30-18.00	Antonio Linde	40€/Quarter
YOGA 2	Aerobic Room	M - W	19.00-20.30	Marta Gomar	40€/Quarter
YOGA 3	Aerobic Room	M - W	20.30-22.00	Marta Gomar	40€/Quarter
YOGA 4	Aerobic Room	T - Th	09.30-11.00	Magda Chiralt	40€/Quarter
YOGA 5	Tatami Room	Friday	15.00-16.30	Carolina E Dominguez	26,25€/Quarter

Number of students per group: 35