

WEEKLY ACTIVITIES LUGANO

03.09.2018 – 14.06.2019

DAY	SCHEDULE	DISCIPLINE	LOCATION
MONDAY	18:30 – 20:00 19:00 – 20:30 19:00 – 20:00 19:15 – 20:15 19:15 – 20:00 20:00 – 21:30 20:00 – 22:00 20:15 – 21:45 20:15 – 21:45 20:30 – 22:00	Hip Hop Agonistic Futsal Karate Judo HIIT/Tabata Yoga Ping-pong Unihockey Fitness Agonistic Basket	Palestrina Molino Nuovo Liceo 1 Palestra nuova Judo Budo Club Judo Budo Club Liceo 1 Pal. vecchia Studio Yoga Polisportiva STT Liceo 1 Pal. vecchia SE Lambertenghi Liceo 1 Palestra nuova
TUESDAY	18:15 – 19:45 18:30 – 20:00 18:45 – 20:15 19:00 – 21:30 20:00 – 20:45 20:15 – 21:45 20:15 – 21:45 20:15 – 21:45 20:30 – 22:00 21:00 – 21:45	Agonistic Volley Badminton Basket Aikido Cardio dance Futsal Modern Jazz Volley Badminton Pilates	Liceo 1 Palestra nuova Liceo 1 Pal. vecchia CP Trevano Judo Budo Club Palestra Molino Nuovo CP Trevano SE Lambertenghi Liceo 1 Palestra nuova SME Pregassona Palestra Molino Nuovo
WEDNESDAY	17:30 – 19:30 17:30 – 19:30 18:00 – 20:00 18:15 – 19:45 18:30 – 20:30 19:00 – 20:00 19:15 – 20:15 20:00 – 22:00 20:15 – 21:45 20:15 – 21:45	Beach Volley* Karate Orienteering Futsal Bouldering Karate Judo Parkour Fitness Agon. Badminton	Beach Pregassona SUPSI Manno ASTI Ticino Liceo 1 Palestra nuova Sala Boulder Cornaredo Judo Budo Club Judo Budo Club SE Lambertenghi SE Lambertenghi CP Trevano
THURSDAY	12:15 – 13:15 18:00 – 18:45 18:45 – 19:45 19:00 – 19:45 19:30 – 21:00 20:00 – 22:00	Yoga Cardio dance Yoga Pilates Aikido Ping-pong	Studio Yoga Liceo 1 Pal. vecchia Studio Yoga Liceo 1 Pal. vecchia Judo Budo Club Polisportiva STT
FRIDAY	19:15 – 20:15	Judo	Judo Budo Club
SATURDAY	10:00 – 11:30 20:00 – 22:00	Judo Ping-pong	Judo Budo Club Polisportiva STT

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*September-October and April-June