

# WEEKLY ACTIVITIES MENDRISIO

03.09.2018 – 14.06.2019

DAY	SCHEDULE	DISCIPLINE	LOCATION
<b>MONDAY</b>	10:00 – 10:50 14:00 – 15:00 18:10 – 19:05 19:00 – 22:00 20:00 – 22:00 20:45 – 22:15	Pilates Bodyump Bodystep 7-a-side Soccer cup Indoor climbing Volley	Fitness Quality Centre Fitness Quality Centre Fitness Quality Centre Como Mendrisio High School Mendrisio High School
<b>TUESDAY</b>	09:00 – 10:00 12:15 – 13:15 18:15 – 19:10 19:00 – 22:00 19:20 – 20:20 20:15 – 21:30 20:45 – 22:15	Bodystep Bodyump Slide & Tone 7-a-side Soccer cup Bodyump Free swimming Futsal	Fitness Quality Centre Fitness Quality Centre Fitness Quality Centre Como Fitness Quality Centre Mendrisio pool Mendrisio High School
<b>WEDNESDAY</b>	09:00 – 10:00 12:00 – 13:00 17:45 – 18:30 18:00 – 20:00 19:30 – 20:30	Bodyump Free swimming Zumba Orienteering Bodybalance	Fitness Quality Centre Mendrisio pool Fitness Quality Centre ASTI Ticino Fitness Quality Centre
<b>THURSDAY</b>	09:00 – 10:00 12:15 – 13:15 14:00 – 15:00 18:15 – 19:15 19:00 – 21:30	Interval Cardio Bodybalance Interval Cardio Bodyump Free Swimming	Fitness Quality Centre Fitness Quality Centre Fitness Quality Centre Fitness Quality Centre Mendrisio Pool
<b>FRIDAY</b>	09:00 – 09:50 12:15 – 13:15 14:00 – 15:00 18:30 – 19:15	Aero Dance Kondi Training Bodybalance Zumba	Fitness Quality Centre Fitness Quality Centre Fitness Quality Centre Fitness Quality Centre
<b>SATURDAY</b>	11:00 – 12:00	Bodystep	Fitness Quality Centre
<b>SUNDAY</b>	11:00 – 12:00	Bodyump	Fitness Quality Centre

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