

Sport



Weekly
programme SS

Mendrisio
2021



Covid-19 regulations: Activities will take place with a limited number of participants and in accordance with applicable health guidelines. The programme may be subject to change according to the evolution of the health situation. The Sport Service will follow the protection regulations listed on the dedicated Covid-19 webpage (www.usi.ch/it/feeds/13812) on the USI website.

Contacts

www.sport.usi.ch
sport@usi.ch
+41 58 666 4797



Day	Schedule	Duration	Activity	Location
Monday	14.00–14.45	45'	LesMills Body Pump	Quality Fitness Mendrisio
Monday	18.10–18.55	45'	LesMills Body Step	Quality Fitness Mendrisio/ Outdoor
Tuesday	09.00–09.45	45'	LesMills Body Step	Online
Tuesday	12.15–13.00	45'	LesMills Body Pump	Quality Fitness Mendrisio
Tuesday	18.10–18.55	45'	LesMills Body Balance	Quality Fitness Mendrisio
Wednesday	09.00–09.45	45'	LesMills Body Pump	Quality Fitness Mendrisio
Wednesday	18.30–19.15	45'	AeroAttack	Quality Fitness Mendrisio/ Outdoor and online
Thursday	09.00–09.45	45'	Interval Training	Quality Fitness Mendrisio
Thursday	12.15–13.00	45'	LesMills Body Balance	Quality Fitness Mendrisio
Thursday	18.10–18.55	45'	Body Tone	Quality Fitness Mendrisio
Thursday	19.15–20.00	45'	LesMills Body Pump	Quality Fitness Mendrisio
Friday	09.00–09.45	45'	AeroAttack	Only online
Friday	12.15–13.00	45'	Interval Training	Quality Fitness Mendrisio
Friday	14.00–14.45	45'	LesMills Body Balance	Quality Fitness Mendrisio
Saturday	11.00–11.45	45'	LesMills Body Step	Quality Fitness Mendrisio/ Outdoor
Sunday	11.00–11.45	45'	LesMills Body Pump / HIIT	Quality Fitness Mendrisio

Move@ Campus

During the semester will also be proposed activities such as Tennis courses, E-MTB, and Water activities. For further information please visit www.sport.usi.ch