

Sport



Weekly
programme SS

Lugano
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

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Day	Schedule	Duration	Activity	Location
Monday	12.30–13.15	45'	Virtual LesMills Body Balance	Palestra Campus Est
Monday	17.30–18.15	45'	HIIT / Tabata	Palestra Campus Est
Monday	18.30–20.30	120'	Karate	Palestra Campus Est
Tuesday	12.30–13.30	60'	Hatha Yoga (From 4 May)	Palestra Campus Est
Tuesday	17.30–18.15	45'	Step	Palestra Campus Est
Tuesday	19.30–20.15	45'	Pilates	Palestra Campus Est
Wednesday	12.30–13.30	60'	Ping Pong	Palestra Campus Est
Wednesday	18.00–19.00	60'	Running	Corte Campus Est
Wednesday	18.00–19.00	60'	Yoga	Palestra Campus Est
Wednesday	18.00–20.00	120'	Beach Volley	Beach Volley Pregassona
Wednesday	19.30–20.15	45'	Cardio Dance	Palestra Campus Est
Thursday	12.30–13.30	60'	Aikido	Corte Campus Est
Thursday	17.30–18.15	45'	Functional Training	Palestra Campus Est
Thursday	19.00–20.30	90'	Aikido	Palestra Campus Est
Friday	12.30–13.15	45'	Virtual LesMills Body Combat	Palestra Campus Est
Friday	18.30–19.15	45'	Body Tone	Palestra Campus Est

Move@ Campus

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