

Sports Hall



SUPSI

# Classes & Games Weekly programme



Autumn Semester  
2021

#### Contacts

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Day	Schedule	Time	Activity	Level	Location
Monday	07.15–08.15	60'	Yoga		East Campus Sports Hall
Monday	12.30–13.30	60'	LesMills Body Balance Virtual	Intermediate	East Campus Sports Hall
Monday	13.30–14.30	60'	LesMills Body Pump Virtual	Intermediate	East Campus Sports Hall
Monday	16.30–17.15	45'	LesMills Body Attack Virtual	Intermediate	East Campus Sports Hall
Monday	17.30–18.15	45'	Body Tone		East Campus Sports Hall
Monday	18.00–20.00	120'	Karate	Advanced	SEMN Vecchia
Monday	18.30–19.15	45'	Power Stretch		East Campus Sports Hall
Monday	19.30–20.15	45'	HIIT / TABATA		East Campus Sports Hall
Monday	20.30–21.30	60'	Pilates		East Campus Sports Hall
Monday	20.30–22.00	90'	Volley		Sports Hall 1 SME Viganello
Monday	20.30–22.00	90'	Futsal		Sports Hall 2 SME Viganello
Tuesday	06.45–07.15	30'	LesMills Core Virtual		East Campus Sports Hall
Tuesday	07.15–08.00	45'	LesMills Body Attack Virtual	Intermediate	East Campus Sports Hall
Tuesday	12.15–13.15	60'	Hatha Yoga		East Campus Sports Hall
Tuesday	16.30–17.00	30'	LesMills Core Virtual		East Campus Sports Hall
Tuesday	17.30–18.15	45'	Step Dance		East Campus Sports Hall
Tuesday	18.30–19.15	45'	Condi		East Campus Sports Hall
Tuesday	19.00–20.30	90'	Aikido	Intermediate	Liceo Lugano1 Pal.Nuova
Tuesday	19.30–20.15	45'	Pilates		East Campus Sports Hall
Tuesday	20.30–22.00	90'	Basket		Sports Hall 1 SME Viganello
Tuesday	20.30–22.00	90'	Badminton		Sports Hall 2 SME Viganello
Tuesday	20.30–21.30	60'	Caribbean dances	Beginner	East Campus Sports Hall
Tuesday	21.30–22.30	60'	Caribbean dances 2	Intermediate	East Campus Sports Hall
Wednesday	06.15–07.15	60'	LesMills Body Balance Virtual	Intermediate	East Campus Sports Hall
Wednesday	12.30–13.15	45'	LesMills Sh'Bam Virtual		East Campus Sports Hall
Wednesday	13.15–13.45	30'	LesMills Core Virtual		East Campus Sports Hall
Wednesday	16.30–17.15	45'	LesMills Sh'Bam Virtual		East Campus Sports Hall
Wednesday	17.30–18.15	45'	Functional Training		East Campus Sports Hall
Wednesday	17.30–19.00	90'	Karate	Advanced	Liceo Lugano Pal.Nuova
Wednesday	18.30–19.30	60'	Yoga		East Campus Sports Hall
Wednesday	19.30–20.30	60'	LesMills Body Pump Virtual	Intermediate	East Campus Sports Hall
Wednesday	20.30–22.00	90'	Tennis Table		East Campus Sports Hall
Wednesday	20.30–22.00	90'	Climbing		Sports Hall 1 SME Viganello
Wednesday	20.30–22.00	90'	Volley Agonistico	Intermediate	Sports Hall 2 SME Viganello
Thursday	07.15–08.15	60'	LesMills Body Pump Virtual	Intermediate	East Campus Sports Hall
Thursday	12.15–13.30	75'	Tennis Table		East Campus Sports Hall
Thursday	16.30–17.30	60'	LesMills Body Balance Virtual	Intermediate	East Campus Sports Hall
Thursday	17.30–18.15	45'	LesMills Sh'Bam Virtual		East Campus Sports Hall
Thursday	18.00–19.30	90'	Taijiquan		Liceo Lugano1 Pal.Vecchia
Thursday	18.30–19.15	45'	Body Tone		East Campus Sports Hall
Thursday	19.00–20.30	90'	Aikido		Sports Hall 1 SME Viganello
Thursday	19.30–20.15	45'	Power Stretch		East Campus Sports Hall
Thursday	20.30–22.00	90'	Karate	Beginner	Sports Hall 1 SME Viganello
Friday	07.15–08.15	60'	LesMills Body Balance Virtual	Intermediate	East Campus Sports Hall
Friday	12.30–13.15	45'	LesMills Body Attack Virtual	Intermediate	East Campus Sports Hall
Friday	13.15–14.15	60'	LesMills Body Balance Virtual	Intermediate	East Campus Sports Hall
Friday	16.30–17.30	60'	LesMills Body Pump Virtual	Intermediate	East Campus Sports Hall
Friday	17.30–18.15	45'	LesMills Body Attack Virtual	Intermediate	East Campus Sports Hall
Friday	18.30–19.30	60'	LesMills Body Balance Virtual	Intermediate	East Campus Sports Hall
Friday	19.30–22.00		Club Latino		East Campus Sports Hall

## Virtual

virtual lessons, projected on a beamer in English. Participation in the Virtual lessons is recommended only after contact with a member of the Sport Service.

## No level

Suitable for all

## Beginners

For first-time participants experience

## Intermediate

Participants who have already attended a beginner course or who have experience of the activity

## Advanced

Only for an experienced

## Registration

All classes must be booked through the App "MYWELLNESS"

Following the regulations decided by the Federal Council on 08 September 2021, access to the Sports Hall will only be allowed to users in possession of a Covid certificate/ Green pass.