

Lugano  
Autumn Semester  
2022



SUPSI

# Classes & Games Weekly programme



## Virtual

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

VIRTUAL lessons will be scheduled between 6 a.m. and 11 p.m. daily to complement the programme with our monitors listed here. The full schedule is available on the MyWellness App.

## Registration

All classes should be booked through the My Wellness App. Classes are available to all holders of an active subscription "All in one" or "Classes&Games".



## Contacts

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Day	Schedule	Time	Activity	Location
Monday	7.15-8.15	1h	<b>Yoga</b>	Palestra Campus Est
Monday	12.30-13.15	45'	<b>Functional Training</b>	Palestra Campus Est
Monday	16.30-17.15	45'	<b>Core Stability</b>	Palestra Campus Est
Monday	17.30-18.30	1h	<b>Bachata</b>	Palestra Campus Est
Monday	18.00-20.00	2h	<b>Karate</b>	Palestra SE Molino Nuovo
Lunedì	18.30-19.15	45'	<b>Power Stretch</b>	Palestra Campus Est
Lunedì	19.00-20.00	1h	<b>Spartan Training</b>	Palestra SME Viganello
Lunedì	19.30-20.15	45'	<b>TRX</b>	Palestra Campus Est
Lunedì	20.30-21.30	1h	<b>Pilates</b>	Palestra Campus Est
Lunedì	20.30-22.00	1h30'	<b>Volley</b>	Palestra SME Viganello
Lunedì	20.30-22.00	1h30'	<b>Futsal</b>	Palestra SME Viganello
Tuesday	12.30-13.15	45'	<b>Body Tone</b>	Palestra Campus Est
Tuesday	16.30-17.15	45'	<b>TRX</b>	Palestra Campus Est
Tuesday	17.30-18.15	45'	<b>Step Dance</b>	Palestra Campus Est
Tuesday	18.30-19.15	45'	<b>Cardio Training</b>	Palestra Campus Est
Tuesday	19.00-20.30	1h30'	<b>Aikido</b>	Palestra nuova LiLu 1
Tuesday	19.30-20.15	45'	<b>Pilates</b>	Palestra Campus Est
Tuesday	20.30-22.00	1h30'	<b>Climbing</b>	Palestra SME Viganello
Wednesday	12.30-13.15	45'	<b>Step Dance</b>	Palestra Campus Est
Wednesday	12.30-13.30	1h	<b>Trail Running Outdoor</b>	Corte del Campus Est
Wednesday	16.30-17.30	1h	<b>Salsa (intermediate)</b>	Palestra Campus Est
Wednesday	17.30-18.30	1h	<b>Salsa (beginner)</b>	Palestra Campus Est
Wednesday	18.30-19.30	1h	<b>Yoga</b>	Palestra Campus Est
Wednesday	19.30-20.15	45'	<b>Functional Training</b>	Palestra Campus Est
Wednesday	20.30-21.45	1h15'	<b>Ping Pong</b>	Palestra Campus Est
Wednesday	20.30-22.00	1h30'	<b>Agonistic Volley</b>	Palestra SME Viganello
Wednesday	20.30-22.00	1h30'	<b>Badminton</b>	Palestra SME Viganello
Thursday	12.30-13.30	1h	<b>Yoga</b>	Palestra Campus Est
Thursday	17.00-18.00	1h	<b>Calisthenics</b>	Parco Calistenico Pregassona
Thursday	17.30-18.15	45'	<b>Body Tone</b>	Palestra Campus Est
Thursday	18.00-19.30	1h30'	<b>Taijiquan</b>	Palestra vecchia LiLu 1
Thursday	18.30-19.15	45'	<b>Power Stretch</b>	Palestra Campus Est
Thursday	19.00-20.30	1h30'	<b>Aikido</b>	Palestra SME Viganello
Thursday	19.30-20.30	1h	<b>Boogie &amp; Swing 2</b>	Palestra Campus Est
Thursday	20.30-21.45	1h15'	<b>Boogie &amp; Swing 1</b>	Palestra Campus Est
Thursday	20.30-22.00	1h30'	<b>Basket</b>	Palestra SME Viganello
Thursday	21.45-23.00	1h15'	<b>Tango Argentino (nuevo)</b>	Palestra Campus Est
Friday	12.30-13.45	1h15'	<b>Ping Pong</b>	Palestra Campus Est
Friday	16.30-17.15	45'	<b>Core Stability</b>	Palestra Campus Est
Friday	17.30-18.15	45'	<b>Functional Training</b>	Palestra Campus Est
Friday	19.30-21.30	2h	<b>Karate</b>	Palestra Campus Est

The programme may be subject to change.