

Mendrisio
Autumn Semester
2022



SUPSI

Classes & Games Weekly programme



Registration

One subscription to follow the whole
"Classes&Games Mendrisio"
programme. To purchase please refer to
<https://sport.usi.ch/node/1129>



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Day	Schedule	Time	Activity	Location
Monday	10.00-12.00		Guided fitness with machines	Gym Quality
Monday	12.15-13.15	60'	Indoor Cycling	Gym Quality
Monday	12.15-13.15	60'	Calisthenics	Parco dei Lecci (ARC)
Monday	12.15-13.15	60'	Yoga	TAM (ARC)
Monday	14.00-16.00		Guided fitness with machines	Gym Quality
Monday	19.00-22.00		Guided fitness with machines	Gym Quality
Monday	19.15-20.15	60'	Indoor Cycling	Gym Quality
Monday	20.00-22.00	120'	Climbing	Palestra liceo
Monday	20.45-22.15	90'	Volley	Palestra liceo
Tuesday	10.00-12.00		Guided fitness with machines	Gym Quality
Tuesday	12.15-13.15	60'	Body Pump	Gym Quality
Tuesday	14.00-16.00		Guided fitness with machines	Gym Quality
Tuesday	18.10-19.10	60'	HIIT/Interval Training	Gym Quality
Tuesday	19.00-22.00		Guided fitness with machines	Gym Quality
Tuesday	19.15-20.15	60'	Body Balance	Gym Quality
Tuesday	20.15-21.30	75'	Free swimming with yellow card	Piscina Canavè
Tuesday	20.45-22.15	90'	Futsal	Palestra liceo
Wednesday	09.00-10.00	60'	Body Pump	Gym Quality
Wednesday	10.00-12.00		Guided fitness with machines	Gym Quality
Wednesday	12.00-13.00	60'	Free swimming with yellow card	Piscina Canavè
Wednesday	12.15-13.30	60'	Calisthenics	Parco dei Lecci (ARC)
Wednesday	14.00-16.00		Guided fitness with machines	Gym Quality
Wednesday	17.45-18.45	60'	Zumba	Gym Quality
Wednesday	19.00-22.00		Guided fitness with machines	Gym Quality
Wednesday	19.30-21.00	90'	Caribbean Dances	Accademia
Thursday	07.45-08.45	60'	Yoga	TAM (ARC)
Thursday	10.00-12.00		Guided fitness with machines	Gym Quality
Thursday	12.15-13.15	60'	Body Balance	Gym Quality
Thursday	14.00-16.00		Guided fitness with machines	Gym Quality
Thursday	18.10-19.10	60'	Body Pump	Gym Quality
Thursday	19.00-22.00		Guided fitness with machines	Gym Quality
Thursday	19.00-21.30	150'	Free swimming with yellow card	Piscina Canavè
Thursday	19.00-21.30	150'	Free swimming with green card	Piscina Canavè
Thursday	19.15-20.15	60'	Indoor Cycling	Gym Quality
Friday	09.00-10.00	60'	Total Body	Gym Quality
Friday	10.00-12.00		Guided fitness with machines	Gym Quality
Friday	14.00-15.00	60'	Body Balance	Gym Quality
Friday	14.00-16.00		Guided fitness with machines	Gym Quality
Friday	18.10-19.10	60'	Zumba	Gym Quality
Friday	19.00-22.00		Guided fitness with machines	Gym Quality
Saturday	11.00-12.00	60'	Body Step	Gym Quality

The programme may be subject to change.