

Sports Hall



SUPSI

Classes & Games Weekly programme



Lugano
Inter-semester break
From 9.01.2023 to
19.02.2023

Contacts

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Day	Schedule	Activity	Location
Monday	07.15-08.15	Yoga	Sports Hall East Campus
Monday	18.00-20.00	Karate	Palestra SE Molino Nuovo
Monday	17.30-18.30	Cardio Training	Sports Hall East Campus
Monday	18.30-19.15	Power Stretch	Sports Hall East Campus
Monday	19.30-20.15	Functional Training	Sports Hall East Campus
Monday	20.30-21.30	Pilates	Sports Hall East Campus
Tuesday	12.30-13.15	Body Tone	Sports Hall East Campus
Tuesday	16.30-17.15	TRX	Sports Hall East Campus
Tuesday	17.30-18.15	Step Dance	Sports Hall East Campus
Tuesday	18.30-19.30	Cardio Training	Sports Hall East Campus
Tuesday	19.00-20.30	Aikido	Liceo Lugano 1 Pal.nuova
Tuesday	20.30-22.00	Climbing	Palestra SME Viganello
Wednesday	17:30-18:15	Core Training	Sports Hall East Campus
Wednesday	18:30-19:30	Yoga	Sports Hall East Campus
Wednesday	19:30-20:15	Functional Training	Sports Hall East Campus
Wednesday	20:30-21:45	Tennis Table	Sports Hall East Campus
Thursday	17.30-18.15	Body Tone	Sports Hall East Campus
Thursday	18.00-19.30	Taijiquan	Liceo Lugano 1 Pal.vecchia
Thursday	19.00-20.30	Aikido	Palestra SME Viganello
Thursday	19.30-20.30	Bachata	Sports Hall East Campus
Thursday	20.30-21.45	Rock&Roll e Boogie Woogie	Sports Hall East Campus
Thursday	21.45-23.00	Tango Argentino	Sports Hall East Campus
Friday	12.30-13.45	Tennis Table	Sports Hall East Campus
Friday	16.30-17.15	Core Stability	Sports Hall East Campus
Friday	17.30-18.15	Functional Training	Sports Hall East Campus
Friday	19.30-21.30	Karate	Sports Hall East Campus

Virtual

Virtual lessons, projected onto the beamer in English. Participation in the Virtual lessons is only recommended after contacting a member of the Sport Service. VIRTUAL lessons will be scheduled between 6 a.m. and 11 p.m. every day to complete the programme with our instructors listed here. The complete schedule is available on the MyWellness App.

Registration

All classes must be booked via the MyWellness App. Classes are available for all active "All in one", "Classes & Games" or single activity package holders.

Classes may be subject to change by the Sport Service. We recommend that all users to view the weekly schedule on the "MyWellness" App.