

Sports Hall



SUPSI

# Classes & Games Weekly programme



**Mendrisio  
Inter-semester break  
From 9.01.2023 to  
19.02.2023**

#### Contacts

**USI**  
[www.sport.usi.ch](http://www.sport.usi.ch)  
[sport@usi.ch](mailto:sport@usi.ch)  
+4158 666 4797

**SUPSI**  
[www.sport.supsi.ch](http://www.sport.supsi.ch)  
[sport@supsi.ch](mailto:sport@supsi.ch)  
+4158 666 6075



Day	Schedule	Activity	Location
Monday	10.00-12.00	<b>Guided fitness with machines</b>	Gym Quality
Monday	12.15-13.15	<b>Indoor Cycling</b>	Gym Quality
Monday	12.15-13.15	<b>Yoga</b>	TAM Arc
Monday	14.00-16.00	<b>Guided fitness with machines</b>	Gym Quality
Monday	19.00-22.00	<b>Guided fitness with machines</b>	Gym Quality
Monday	19.15-20.15	<b>Indoor Cycling</b>	Gym Quality
Monday	20.00-22.00	<b>Climbing</b>	High School Gym
Tuesday	10.00-12.00	<b>Guided fitness with machines</b>	Gym Quality
Tuesday	12.15-13.15	<b>Body Pump</b>	Gym Quality
Tuesday	14.00-16.00	<b>Guided fitness with machines</b>	Gym Quality
Tuesday	18.10-19.10	<b>HIIT/Interval Training</b>	Gym Quality
Tuesday	19.00-22.00	<b>Guided fitness with machines</b>	Gym Quality
Tuesday	19.15-20.15	<b>Body Balance</b>	Gym Quality
Wednesday	09.00-10.00	<b>Body Pump</b>	Gym Quality
Wednesday	10.00-12.00	<b>Guided fitness with machines</b>	Gym Quality
Wednesday	12.15-13.15	<b>Calisthenics</b>	Parco dei Lecci (Arc)
Wednesday	14.00-16.00	<b>Guided fitness with machines</b>	Gym Quality
Wednesday	17.45-18.45	<b>Zumba</b>	Gym Quality
Wednesday	19.00-22.00	<b>Guided fitness with machines</b>	Gym Quality
Thursday	10.00-12.00	<b>Yoga</b>	Academy of Architecture
Thursday	12.15-13.15	<b>Body Balance</b>	Gym Quality
Thursday	14.00-16.00	<b>Nordic Walking</b>	Academy of Architecture
Thursday	18.10-19.10	<b>Calisthenics*</b>	Academy of Architecture
Thursday	19.00-22.00	<b>Body Pump</b>	Gym Quality
Thursday	19.15-20.15	<b>Indoor Cycling</b>	Gym Quality
Friday	09.00-10.00	<b>Total Body</b>	Gym Quality
Friday	10.00-12.00	<b>Guided fitness with machines</b>	Gym Quality
Friday	14.00-15.00	<b>Body Balance</b>	Gym Quality
Friday	14.00-16.00	<b>Guided fitness with machines</b>	Gym Quality
Friday	18.10-19.10	<b>Zumba</b>	Gym Quality
Friday	19.00-22.00	<b>Guided fitness with machines</b>	Gym Quality
Saturday	11.00-12.00	<b>Body Step</b>	Gym Quality

### 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.