

Sunday, 04.05.2025		Monday, 05.05.2025				Tuesday, 06.05.2025			
07:00		Sports Awakening With USI Sport 7:00-7:45							
07:30		Power Stretch Sala polivalente Gottardo		Animal Flow Palestra Gottardo	Outdoor Workout Parkour e Street Workout	BREAKFAST CST 07:30-08:15 Mensa Brere			
08:00		BREAKFAST CST 8:00-8:45 Mensa Brere				Check-Out SUS Forum 08:00-08:30 Brere Arcade by the CST			
08:30						Workshops 08:30 -10:15			
09:00		Education For University Sports Teachers 9:00-12:15				Sports infrastruc- ture – overview of ongoing projects and exchange of new ideas.	Fitness rooms in university sports – exchange of experiences on different models and presentation of an in-depth usage analysis of fitness rooms	Which trends are already being observed/ offered? – How are trends dealt with at the HSO?	Swiss University Sports Strategy 2026/2030 – Feedback on the current strategy and the role of our federation & brainstorming on future direction
09:30		Postural Pancafit a posture tool Aula Gottardo1	Sport Pickleball: a raquet sport for everyone	Activity with music Line dance for everyone	Fitness Outdoor Calisthenics				
10:00									
10:30		BREAK 10:30-10:45				BREAK 10:30-10:45			
11:00		Postural Pancafit a posture tool	Sport Pickleball: a raquet sport for everyone	Activity with music Line dance for everyone	Fitness Outdoor Calisthenics	Sports infrastructure development at the CST			
11:30						Bixio Caprara 10:45-12:00 Auditorium Brere			
12:00									
12:30		LUNCH CST 12:30-13:30 Mensa Brere							
13:00									
13:30									
14:00	Cultural- Adventure Activities On Lake Maggiore Islands of Brissago 14:00-18:45								
14:30									
15:00	Check-In Sus Forum 15:00-16:30 Brere Arcade by the CST								
15:30									
16:00									
16:30									
17:00	Opening Conference The Evolution of Fitness with new technologies Dr. Silvano Zanuso, MSc, PHD 17:30-19:00 Auditorium Brere								
17:30									
18:00									
18:30									
19:00	DINNER CST 19:30-20:15 Mensa Brere								
19:30									
20:00	Forum Lounge 20:30-22:30 Gottardo Sala Polivalente								
20:30		SPECIAL DINNER CST							
21:00		Regional menù 20:30-21:45 Mensa Brere							
21:30									
22:00		Forum Lounge 21:45 -22:30 Gottardo Sala Polivalente							