



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

Summer 2025

Effective approaches to Sports Performance and Health Enhancement

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 9	June 10	June 11	June 12	June 13	June 14	June 15
Week 1	9:15 - 12:00 Orientation	9:00 - 12:00 Lesson	9:00 - 12:00 Lesson	9:00 - 12:00 Lesson	10:00 - 12:00 Isokinetic	FREE	FREE
	14:00 - 17:00 Lesson	14:00 - 16:00 Lesson			14:00 - 16:00 Techongym		
	June 16	June 17	June 18	June 19	June 20	June 21	June 22
Week 2	9:00 - 12:00 Lesson	9:00 - 12:00 Lesson	9:00 - 12:00 Lesson	9:00 - 12:00 Lesson	9:00 - 10:00 Lesson	FREE	FREE
	13:30 - 16:30 Lesson	13:30 - 16:30 Lesson	13:30 - 16:30 Lesson	13:30 - 16:30 Lesson			