



ATHLETICS DEPARTMENT SCHEDULE – FALL 2019

FITNESS CLASSES



JCU Fitness Center – Gianicolo Residence, Vicolo della Penitenza, 26

<http://gladiators.johncabot.edu>

OPENING HOURS: MONDAY – THURSDAY: FROM 8AM TO 10PM / FRIDAY – SUNDAY: FROM 10AM TO 8PM

Valid JCU ID card and BASIC OR COMPETITIVE PHYSICAL needed to enter the gym

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:00 AM		YOGA		YOGA
12:00 PM	HIIT		HIIT	
3:45 PM		FITCROSS		FITCROSS
4:15 PM	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	
4:45 PM		CHEERDANCE		CHEERDANCE
5:15 PM	KICK BOXING		KICK BOXING	
6:15 PM		ABS & LEGS	BFEX	ABS & LEGS
7:15 PM	BFEX	UPPER BODY		UPPER BODY
8:15 PM	AIKIDO			

VARSIITY TEAMS

Venues: TRASTEVERE STADIUM Via Vitellia, 50 / VIRGILIO Via Giulia, 40

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S 5vs5 SOCCER	TRASTEVERE STADIUM	MON/WED/THU: 9pm-10:30pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
MEN'S 5VS5 SOCCER	TRASTEVERE STADIUM	MON/WED/THU: 9pm-10:30pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM	MON/WED/THU: 9pm - 11pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MON/WED: 9pm - 11pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
COED BASKETBALL	VIRGILIO	TUE/THU: 9:15pm - 10:45pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
CHEERLEADING	JCU FITNESS CENTER	TUE/THU: 4:45pm - 6:15pm	"BASIC" (GYM) PHYSICAL NEEDED

INTRAMURAL TOURNAMENTS

Venues: GUARINI CAMPUS / TENNIS SPORT LIBERO Lungotevere Dante, 277

ACTIVITY	DATE	FACILITY	COMMENTS
COED TABLE TENNIS	SEPTEMBER 17	GUARINI CAMPUS	"BASIC" (GYM) PHYSICALS NEEDED
WOMEN'S AND MEN'S TENNIS	OCTOBER 4	TENNIS SPORT LIBERO	"BASIC" (GYM) PHYSICAL NEEDED
GREEN VOLLEYBALL (2V2)	OCTOBER 11	TRASTEVERE STADIUM	"BASIC" (GYM) PHYSICAL NEEDED

SPORT TRIPS

Participation fees are not refundable. Payments can be made online by the deadline

TRIP	DATE	PLACE	SIGN UP
SAPRI WEEKEND - CLASSIC	SEPTEMBER 5-7	SAPRI, CAMPANIA	http://bit.ly/Sapri_Ci_FA19
SAPRI WEEKEND - SPECIAL	SEPTEMBER 13-15	SAPRI, CAMPANIA	http://bit.ly/Sapri_Sp_FA19
1 st SAILING DAY	SEPTEMBER 21	BRACCIANO, LAZIO	http://bit.ly/Sailing_I_FA19
2 nd SAILING DAY	SEPTEMBER 22	BRACCIANO, LAZIO	http://bit.ly/Sailing_II_FA19
ABRUZZO WEEKEND	SEPTEMBER 27-28	SCANNO, ABRUZZO	http://bit.ly/Abruzzo_FA19

This schedule may be subject to change. Please visit <http://gladiators.johncabot.edu> for any updates.