



# 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	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS
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			

## VARSITY TEAMS

**Venues: TRASTEVERE STADIUM Via Vitellia, 50 / VIRGILIO Via Giulia, 40 / ROMA UNO Largo Ascianghi, 4**

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	ROMA UNO / VIRGILIO	MON/WED: 9pm - 11pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
COED BASKETBALL	ROMA UNO / VIRGILIO	TUE/THU: 9:15pm - 10:45pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
CHEERLEADING	JCU FITNESS CENTER	MON/WED: 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	<a href="http://bit.ly/Sapri_CI_FA19">http://bit.ly/Sapri_CI_FA19</a>
SAPRI WEEKEND - SPECIAL	SEPTEMBER 13-15	SAPRI, CAMPANIA	<a href="http://bit.ly/Sapri_Sp_FA19">http://bit.ly/Sapri_Sp_FA19</a>
1 <sup>st</sup> SAILING DAY	SEPTEMBER 21	BRACCIANO, LAZIO	<a href="http://bit.ly/Sailing_I_FA19">http://bit.ly/Sailing_I_FA19</a>
2 <sup>nd</sup> SAILING DAY	SEPTEMBER 22	BRACCIANO, LAZIO	<a href="http://bit.ly/Sailing_II_FA19">http://bit.ly/Sailing_II_FA19</a>
ABRUZZO WEEKEND	SEPTEMBER 27-28	SCANNO, ABRUZZO	<a href="http://bit.ly/Abruzzo_FA19">http://bit.ly/Abruzzo_FA19</a>

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