



## RECREATIONAL CENTER – SUMMER II 2018 FITNESS CLASSES



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

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:15 PM		HIIT		HIIT
2:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS
5:15 PM	KICK BOXING		KICK BOXING	
6:15 PM		ABS & LEGS STRETCHING	BFE <sub>x</sub>	ABS & LEGS STRETCHING
7:15 PM	BFE <sub>x</sub>	UPPER BODY		UPPER BODY

\*Valid JCU ID card and PHYSICAL needed to enter the gym

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

### INTRAMURALS

Facility: **TRASTEVERE STADIUM** Via Vitellia, 50

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
5VS5 SOCCER	TRASTEVERE STADIUM	WEDNESDAY JULY 11 7:30PM-9PM	PHYSICAL NEEDED

### SPORT TRIPS

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

ACTIVITY	VENUE	SCHEDULE	COMMENTS
SAILING DAY	Bracciano, Lazio	JULY 22	PHYSICAL NEEDED <a href="http://bit.ly/Sailing2_18">http://bit.ly/Sailing2_18</a>

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