



ATHLETICS DEPARTMENT SCHEDULE – FALL 2018



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

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

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

VARSITY TEAMS

Fields: [TRASTEVERE STADIUM Via Vitellia, 50](#) / [VIRGILIO Via Giulia, 40](#)

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

SPORT TRIPS

TRIP	DATE	PLACE	SIGN UP
SAPRI WEEKEND - CLASSIC	SEPTEMBER 7-9	SAPRI, CAMPANIA	http://bit.ly/SapriClassicFA18
SAPRI WEEKEND - SPECIAL	SEPTEMBER 14-16	SAPRI, CAMPANIA	http://bit.ly/SapriSpecialFA18
SAILING DAY	SEPTEMBER 22	BRACCIANO, LAZIO	http://bit.ly/SailingFA18
CIRCEO TREKKING	SEPTEMBER 28	CIRCEO, LAZIO	http://bit.ly/CirceoFA18
ABRUZZO EXPERIENCE	OCTOBER 13-14	SCANNO/SULMONA, ABRUZZO	http://bit.ly/AbruzzoExperienceFA18

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

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