



ATHLETICS DEPARTMENT SCHEDULE – SUMMER I 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

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	
5:15 PM	KICK BOXING	LET'S DANCE	KICK BOXING	LET'S DANCE
6:15 PM		ABS & LEGS	BFEX	ABS & LEGS
7:15 PM	BFEX	UPPER BODY		UPPER BODY
8:15 PM	AIKIDO*			

* Reservation needed

JCU ID card and valid PHYSICAL needed to enter the gym

INTRAMURAL TOURNAMENTS

Fields: TRASTEVERE STADIUM Via Vitellia, 50 / VIRGILIO Via Giulia, 40 / TENNIS CLUB Lgt. Dante, 277

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S/MEN'S 5vs5 SOCCER	TRASTEVERE STADIUM	TUESDAY, MAY 28 & JUNE 4 6:30pm-8:30pm	PHYSICAL NEEDED
COED BASKETBALL	VIRGILIO	WEDNESDAY, MAY 29 & JUNE 5 9:00pm-10:30pm	PHYSICAL NEEDED
WOMEN'S/MEN'S TENNIS	TENNIS CLUB SPORT LIBERO	TUESDAY, JUNE 11 6:30pm - 8:30pm	PHYSICAL NEEDED
COED BEACH VOLLEYBALL	TIBERIS	WEDNESDAY, JUNE 12 6:00pm - 8:00pm	PHYSICAL NEEDED
COED GREEN VOLLEYBALL	TRASTEVERE STADIUM	MONDAY, JUNE 17 6:30pm - 8:00pm	PHYSICAL NEEDED
WOMEN'S/MEN'S TABLE TENNIS	GUARINI CAMPUS	TUESDAY, JUNE 18 6:00pm - 8:00pm	PHYSICAL NEEDED

SPORT TRIPS

TRIP	DATE	PLACE	SIGN UP
SAPRI WEEKEND TRIP	MAY 31 - JUNE 2	SAPRI, CAMPANIA	http://bit.ly/SapriSUI19
ABRUZZO EXPERIENCE	JUNE 8-9	LAKE SCANNO, ABRUZZO	http://bit.ly/AbruzzoSUI19
SAILING DAY - LAKE BRACCIANO	JUNE 16	BRACCIANO, LAZIO	http://bit.ly/SailingDaySUI19
SAILING WEEKEND - BRACCIANO LAKE	JUNE 16-17	BRACCIANO, LAZIO	http://bit.ly/SailingWSUI19
WILD TRIATHLON WEEKEND	JUNE 21-23	SPOLETO, UMBRIA	http://bit.ly/WildTriathlonSUI19

*Participation fees are not refundable. Payments can be made online by the deadline. Physical exam is needed.

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