



ATHLETICS DEPARTMENT - SCHEDULE FALL 2020



In order to participate in any of the JCU Athletics activities, a valid physical examination issued by an Italian doctor (Certificato Non Agonistico), and a valid JCU ID will be required. COVID-19 screening is highly recommended. Feel free to contact athletics@johncabot.edu if you need to get a physical.

FITNESS CENTER

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

RESERVATION REQUIRED THROUGH EASY DESK APP

OPENING SLOTS	10AM - 11:15PM	11:30AM - 12:45PM	1PM - 2:15PM	3PM - 4:15PM	4:30PM - 5:45PM	6PM - 7:15PM
Monday – Friday						
Sept. 28 to Dec 11						

FITNESS CLASSES

RESERVATION REQUIRED THROUGH EASY DESK APP

ACTIVITY	WHERE	SCHEDULE	COMMENTS
		From Sep 28 to Dec 11	
HIIT	Meeting Outside Guarini Campus at 3:15 pm	MONDAY, 3:30PM	Outdoor Activity. EasyDesk Reservation. Bring a mat, a towel and a water bottle
YOGA	Meeting Outside Guarini Campus at 3:15 pm	TUESDAY, 3:30PM	Outdoor Activity. EasyDesk Reservation. Bring a mat, a towel and a water bottle
CARDIO KICKBOXING (no-contact class)	Meeting Outside Guarini Campus at 3:15 pm	WEDNESDAY, 3:30PM	Outdoor Activity. EasyDesk Reservation. Bring a mat, a towel and a water bottle
BOOT CAMP	Meeting Outside Guarini Campus at 3:15 pm	THURSDAY, 3:30PM	Outdoor Activity. EasyDesk Reservation. Bring a mat, a towel and a water bottle
VIRTUAL CHEERDANCE	Virtual on Zoom	THURSDAY, 7PM	You might need a mat, a towel and a water bottle
RUNNING	Meeting Outside Guarini Campus at 3:15 pm	FRIDAY, 3:30PM	Outdoor activity. EasyDesk Reservation. Runs to Villa Pamphili/Tiber Lane/Circo Massimo etc

*In case of bad weather, the activity will be streamed on our social media/zoom. Please note that the facility may change.

INTRAMURALS

CLICK HERE TO SIGN UP!

ACTIVITY	WHERE	SCHEDULE	COMMENTS
TENNIS	T.C. DE VIALAR Via Paolo III, 12	OCTOBER 23	1 vs 1, meeting point will be directly at the facility ready to play
TENNIS TABLE	GUARINI CAMPUS Via della Lungara, 233	NOVEMBER 20	1 vs 1
CHESS	VIRTUAL	STARTING FROM OCTOBER 9	CHESS.COM ACCOUNT NEEDED
FIFA20	VIRTUAL	STARTING FROM OCTOBER 9	PLAYSTATION 4 AND AN ONLINE ACCOUNT NEEDED

SPORT TRIPS

CLICK HERE TO SIGN UP!

TRIP	WHERE	DATE	MAIN ACTIVITIES
NEMI LAKE HIKING DAY	NEMI, LAZIO	OCTOBER 17	Transportation and packed lunches provided. Hiking from the old town to the lake, Free time at the beach
ABRUZZO HIKING DAY	CELANO, ABRUZZO	OCTOBER 24	Transportation and packed lunches ^o - provided. Hiking along beautiful gorges and Celano hiking paths

Please note that the schedule is subject to change. Please visit <http://gladiators.johncabot.edu> to find the updated schedule.

