



JOHN CABOT UNIVERSITY – ATHLETICS DEPARTMENT



FALL 2021 SCHEDULE

JCU FITNESS CENTER – Gianicolo Residence, Vicolo della Penitenza, 26

OPENING HOURS: MONDAY – FRIDAY: FROM 10AM TO 7PM / SATURDAY-SUNDAY: FROM 2:30PM TO 7PM

RESERVATION THROUGH EASY DESK APP

Valid JCU ID card and BASIC OR COMPETITIVE PHYSICAL needed to enter the gym.

OUTDOOR ACTIVITIES

ACTIVITY	FACILITY	SCHEDULE (from August 30)	COMMENTS
ABS & LEGS	SECCHIA TERRACE, GUARINI CAMPUS	MONDAY, 4:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
YOGA	SECCHIA TERRACE, GUARINI CAMPUS	TUESDAY, 3:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
CHEERLEADING	SECCHIA TERRACE, GUARINI CAMPUS	WEDNESDAY, 3:00 pm	"BASIC" (GYM) PHYSICAL NEEDED
RUNNING	Meeting outside GUARINI CAMPUS	WEDNESDAY, 4:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
KICK BOXING	SECCHIA TERRACE, GUARINI CAMPUS	THURSDAY, 4:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
TENNIS PICK-UP GAMES	TC SPORT LIBERO, Lungotevere Dante, 277	FRIDAY 10 am – 12 pm	"BASIC" (GYM) PHYSICAL NEEDED

VARSITY TEAMS

ACTIVITY	FACILITY	SCHEDULE (from Sept. 6)	COMMENTS
WOMEN'S 5vs5 SOCCER	TRASTEVERE STADIUM Via Vitellia, 50	MON/WED: 9:00 pm -10:30 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
MEN'S 5vs5 SOCCER	TRASTEVERE STADIUM Via Vitellia, 50	MON/WED: 9:00 pm -10:30 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM Via Vitellia, 50	MON/WED: 9 pm -11 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
VOLLEYBALL	KENNEDY (TBC) Via Dandolo, 104	TUE/THU: 8 pm - 9:30 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
BASKETBALL	TBD	TBD	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED

INTRAMURALS

ACTIVITY	FACILITY	SCHEDULE	COMMENTS
BEACH VOLLEYBALL	TIBERIS, Lungotevere Pietra di Papa	SEPTEMBER 3 – 2 pm	"BASIC" (GYM) PHYSICAL NEEDED
PADDLE	TC SPORT LIBERO, Lungotevere Dante, 277	SEPTEMBER 10 – 2 pm	"BASIC" (GYM) PHYSICAL NEEDED
TENNIS TABLE	GUARINI CAMPUS Via della Lungara, 233	OCTOBER 1 & NOVEMBER 5	"BASIC" (GYM) PHYSICAL NEEDED

SPORTS TRIPS

Participation fees are not refundable. Payments can be made online on myjcu.johncabot.edu/trips.

TRIP	PLACE	DATE	COMMENTS
SURFING DAY	OSTIA SURFING CLUB, LAZIO	SEPTEMBER 4	Participation fee: €85. Surf class open to all skill levels.
CIRCEO HIKING DAY	SAN FELICE CIRCEO, LAZIO	SEPTEMBER 11	Participation fee: €85. Hiking in a natural reserve, free time at the beach
TWO LAKES HIKING DAY	NEMI, LAZIO	SEPTEMBER 18	Participation fee: €85. Hiking from Nemi to Castel Gandolfo lakes
SAILING DAY	BRACCIANO, LAZIO	OCTOBER 3	Participation fee: €100. Sailing on Bracciano Lake
TERMINILLO HIKING DAY	MONTE TERMINILLO, LAZIO	NOVEMBER 6	Participation fee: €85. Hiking on Terminillo Mount

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