



JOHN CABOT UNIVERSITY – ATHLETICS DEPARTMENT



SPRING 2022 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	COMMENTS
KICK BOXING	FITNESS CENTER, GIANICOLO RESIDENCE	MONDAY, 4:15 pm	"BASIC" (GYM) PHYSICAL NEEDED
YOGA	FITNESS CENTER, GIANICOLO RESIDENCE	TUESDAY, 11:30 am & 3:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
RUNNING CLUB	Meeting outside GIANICOLO RESIDENCE	MON/WED: 6pm - TUE/THU: 1 pm	"BASIC" (GYM) PHYSICAL NEEDED
ABS & LEGS	FITNESS CENTER, GIANICOLO RESIDENCE	THURSDAY, 4:15 pm	"BASIC" (GYM) PHYSICAL NEEDED
TENNIS PICK-UP GAMES	TC SPORT LIBERO, Lungotevere Dante, 277	FRIDAY 12 am – 2 pm	"BASIC" (GYM) PHYSICAL NEEDED

VARSITY TEAMS

ACTIVITY	FACILITY	SCHEDULE	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
CHEERLEADING	FITNESS CENTER, GIANICOLO RESIDENCE	WED/THU: 3 pm – 4pm	"BASIC" (GYM) PHYSICAL NEEDED
VOLLEYBALL	KENNEDY Via Dandolo, 104	TUE/THU: 7 pm - 8:30 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
BASKETBALL	S. PAOLO (S.P.) – Viale di S. Paolo, 12 F. CAFFE' (F.C.) - Via Fonteiana, 109	MON: 8:30 pm – 10:00 pm @S.P. WED: 8:30 pm – 10:00 pm @F.C.	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED

INTRAMURALS

ACTIVITY	FACILITY	SCHEDULE	COMMENTS
PADDLE	TC SPORT LIBERO, Lungotevere Dante, 277	FEBRUARY 11 -2 pm	"BASIC" (GYM) PHYSICAL NEEDED
TENNIS TABLE	GUARINI CAMPUS Via della Lungara, 233	FEBRUARY 25 - 2 pm	"BASIC" (GYM) PHYSICAL NEEDED
DODGEBALL	TRASTEVERE STADIUM, Via Vitellia, 50	MARCH 4 - 2 pm	"BASIC" (GYM) PHYSICAL NEEDED
FOOTGOLF	MONTEROSI, LAZIO	APRIL 10 – all day	Participation fee: €85 Tournament, transportation and food included
GLADIATORS BK3	F. CAFFE' (F.C.) - Via Fonteiana, 109	APRIL 20 – 8:30 pm	"BASIC" (GYM) PHYSICAL NEEDED 3vs3 Basketball: Students vs Staff vs Faculty

SPORTS TRIPS*

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

TRIP	PLACE	DATE	COMMENTS
SNOW WEEKEND TRIP	RIVISONDOLI, ABRUZZO	FEBRUARY 4-6	Participation fee: €400 2 days skiing + 1 day snowshoeing (skipass incl)
TWO LAKES HIKING DAY	NEMI-CASTEL GANDOLFO, LAZIO	MARCH 5	Participation fee: €85. Hiking along the Via Francigena (Easy/Moderate)
CIRCEO HIKING DAY	SAN FELICE CIRCEO, LAZIO	MARCH 12	Participation fee: €75. Hiking to the top of Mount Circe (Mod/Strenuous)
SURFING DAY	OSTIA, LAZIO	APRIL 2	Participation fee: €85. Full immersion surfing day (open to all skill levels)
CINQUE TERRE HIKING WEEKEND	LA SPEZIA, LIGURIA	APRIL 22-25	Participation fee: €400 4 days hiking along the Cinque Terre coast

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