



# JCU ATHLETICS SCHEDULE SPRING 2024



## GYM

Monday-Friday: 9 am - 7 pm  
Saturday-Sunday: 2:30 pm - 7 pm

"basic" sport physical required  
booking required for the following time slots

9:00 • 10:25 • 11:50 • 1:15 • 2:40 • 4:05 • 5:30

## FITNESS CLASSES

### YOGA

MONDAYS

🕒 11am  
📍 Gym



### KICK BOXING

TUESDAYS

🕒 4:30pm  
📍 Gym



### RUNNING

WEDNESDAYS

🕒 8am  
📍 Meeting outside  
Gianicolo Residence



### ABS & LEGS

THURSDAYS

🕒 4:30pm  
📍 Gym



## INTRAMURALS

### TABLE TENNIS

Apr, Mon 15 🕒 5:30pm  
📍 Lemontree  
Courtyard



### PADEL

Mar, Mon 22 🕒 6pm  
📍 Eur Paddle Club,  
Via dei Georgofili, 26



All intramurals and pick-up games are open and free to all JCU  
Community - physical and reservation are required

### PADEL pick-up games

On Fridays 🕒 1-2:30pm

📍 San Paolo Ostiense,  
V.le di S. Paolo, 12



## VARSITY SPORTS

- Men's Soccer 📍 Trastevere Stadium 🕒 M/W 9-11pm 📄 "competitive" physical
- Men's 5on5 Soccer 📍 Trastevere Stadium 🕒 T 9-10:30pm 📄 "competitive" physical
- Women's 5on5 Soccer 📍 Trastevere Stadium 🕒 M/W 8-9:30pm 📄 "competitive" physical
- Coed Volleyball 📍 Kennedy Gym 🕒 T/TH 8-9:30pm 📄 "competitive" physical
- Tennis 📍 Pamphili Tennis 🕒 M/W 9-10:30pm 📄 "competitive" physical
- Cheerleading 📍 Kennedy T/TH - JCU Gym W 🕒 T/TH 6:30pm - W 7:30pm 📄 "basic" physical
- M/W Basketball 📍 San Paolo Ostiense 🕒 M/W 8:30-10pm 📄 "competitive" physical

- ACG INTERNATIONAL SPORTS TOURNAMENT - Athens, Greece: Apr 9-12 -

## OUTDOOR EDUCATION

\*all activities require a "basic" sport physical

- Snowsport in Roccaraso Feb, Fri 2 - Sun 4
- Sailing at Lake Bracciano Fri, Mar 15
- Hiking and History in Orvieto Sat, Mar 16
- Hiking on Mount Circeo Fri, Mar 22
- Surfing at Ostia Beach Fri, Apr 19

## SPECIAL EVENTS

- 📍 Strava Challenge: Feb 12 - Apr 7
- 🏃 JCU Fun Run: April 7
- 🏳️ Komen Race: May 12

**This Schedule is subject to change**

## ATHLETICS BOOKING SYSTEM

Scan the QrCode to  
sign up for physical,  
gym and activities



## ATHLETICS POLICY

- Subscription to ASD Stone Tower: **mandatory**
- Sport **Physical** Examination: **mandatory**
- **Reservation** for activities and gym: **mandatory**

## CONTACTS

- 📍 Vicolo della Penitenza, 26 - ext 383
- ✉ [athletics@johncabot.edu](mailto:athletics@johncabot.edu)
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