



JCU ATHLETICS SCHEDULE

SUMMER I 2024



GYM OPENING HOURS

MONDAY-FRIDAY: 9 am - 7 pm

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

FITNESS CLASSES

YOGA

MONDAYS

11am
Fitness Center



FLEXFLOW

TUESDAYS

4:30pm
Fitness Center



PADEL

WEDNESDAY, MAY 22

6:00 PM
Viale di S. Paolo, 12



VOLLEYBALL

TUESDAY, MAY 28

6:30pm
Via Dandolo, 104



KICK BOXING

WEDNESDAYS

4:30pm
Fitness Center



ABS & LEGS

THURSDAYS

4:30pm
Fitness Center



BASKETBALL

WEDNESDAY, JUNE 5

8:30pm
Viale di S. Paolo, 12



5vs5 SOCCER

WEDNESDAY, JUNE 12

6:00pm
Via Vitellia, 50



OUTDOOR EDUCATION

Day Trip: Two Lakes Hiking Friday, May 24

Weekend Trip: Sailing in Anzio Saturday, May 25-Sunday, May 26

Day Trip: Wellness in Viterbo Saturday, June 8

Weekend Trip: Sapri Experience Friday, June 14 - Sunday, June 16

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

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