



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

Secchia
Terrace



FLEXFLOW

TUESDAYS

3pm

Fitness
Center



PADEL

MONDAY, MAY 20

8 pm

Viale di S. Paolo, 12



VOLLEYBALL

TUESDAY, MAY 28

6:30 pm

Via Dandolo, 104



KICK BOXING

WEDNESDAYS

4:30pm

Fitness
Center



ABS & LEGS

THURSDAYS

4:30pm

Fitness
Center



BASKETBALL

WEDNESDAY, JUNE 5

8:30 pm

Viale di S. Paolo, 12



5vs5 SOCCER

WEDNESDAY, JUNE 12

6 pm

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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linktr.ee/JCUgladiators



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