



# 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  
Gym



#### FLEXFLOW

TUESDAYS

4:30pm  
Kennedy



#### PADEL

WEDNESDAY, MAY 23

6:00 PM  
Viale di S. Paolo, 12



#### VOLLEYBALL

TUESDAY, MAY 28

6:30pm  
Via Dandolo, 104



#### KICK BOXING

WEDNESDAYS

4:30pm  
Gym



#### ABS & LEGS

THURSDAYS

4:30pm  
Gym



#### 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 Fri, May 24

Weekend Trip: Sailing in Anzio Sat May 25-Sun May 26

Day Trip: Wellness in Viterbo Sat, Jun 8

Weekend Trip: Sapri Experience Fri, June 14 - Sun, Jun 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

- Vicolo della Penitenza, 26 - ext 383
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