





# WEEKLY PROGRAM

## FITNESS CENTER

The Fitness Center is located in Vicolo della Penitenza, 26 - Gianicolo Residence.

The access is free for all JCU Students, Faculty, and Staff.

JCU ID, ASD Membership, and "basic/gym" sport physical required to access. Reservation mandatory for the following time slots and fitness classes.

9am • 10:25am • 11:50pm • 1:15pm

### 2:40pm 4:05pm 5:30pm

Opening hours: Monday-Friday: 9 am - 7 pm

	FITNESS CLASSES		
MONDAYS	9:30 am	YOGA	Secchia Terrace
TUESDAYS	3 PM	FLEXFLOW	Fitness Center
WEDNESDAYS	4:30 pm	<b>KICK BOXING</b>	Fitness Center
THURSDAYS	4:30 pm	ABS & LEGS	Fitness Center

### This Schedule is subject to change

### ATHLETICS POLICY

Mandatory steps to join JCU Athletics

- Subscription to ASD Stone Tower
- Gym Physical Examination •
- **Reservation** for activities and gym



### - CONTACTS -

() <u>WhatsApp +39 3451771180</u>

Wicolo della Penitenza, 26 - ext 383 🚯

linktr.ee/JCUgladiators

@jcugladiators

- John Cabot University Athletics
- Ø gladiators.johncabot.edu
- John Cabot University Athletics







## **OUTDOOR ACTIVITIES**

All activities are free and open to JCU Students, Faculty, and Staff, unless specified otherwise. JCU ID, ASD Membership, and "basic/gym" sport physical required.

Reservation mandatory for all the activities.

### INTRAMURAL TOURNAMENTS

	May, Wed 28	↓ 7:30pm ♥ Via S.M Mediatrice, 24
	June, Tue 3	🕓 6:30pm 🍳 Via Dandolo, 104
💮 BASKETBALL	June, Wed 11	🕓 8:30pm 🍳 Viale di San Paolo 12
🚯 5V5 SOCCER	June, Wed 18	🕓 7.30pm 🍳 Via Vitellia, 50

## **JCU SPORT TRIPS**

Trips tickets available on JCU trips and activities website. Only current students are eligible for these activities.



Day Trip: Marmore Waterfalls Hiking June, Fri 6



Weekend Trip: Sapri Experience June, Fri 13 - Sun 15

Day Trip: Discovery and Sailing Bracciano Lake June, Sat 21

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