



# RECREATIONAL CENTER

## CLASSES – SPRING 2017



JCU Fitness Schedule – Gianicolo Residence, Via della Lungara 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	PILATES	YOGA	PILATES	YOGA	
1:15 PM					BFE <sub>x</sub>
4:15 PM	ZUMBA	FITCROSS	ZUMBA	FITCROSS	
5:15 PM	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		KICK BOXING
6:15 PM		ABS & LEGS STRETCHING	BFE <sub>x</sub>	ABS & LEGS STRETCHING	
7:30 PM	KICK BOXING				
7:45 PM		UPPER BODY		UPPER BODY	

\*Valid JCU ID card and Physical needed to enter the gym

**OPEN FROM:** MONDAY – THURSDAY: 8AM TO 10PM  
FRIDAY – SUNDAY: 10AM TO 8PM