



# RECREATIONAL CENTER

## CLASSES - SUMMER I 2016



JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 PM		YOGA		YOGA	
2:15 PM					BFEx
4:15 PM	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	
6:15 PM		ABS & LEGS STRETCHING	BFEx	ABS & LEGS STRETCHING	
7:15 PM	LATIN DANCE		LATIN DANCE		
7:45 PM		ZUMBA		ZUMBA	

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

VALID JCU ID CARD AND PHYSICAL NEEDED TO ENTER THE GYM

## SPORTS TEAMS

Field: VIRGILIO Via Giulia, 40

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
RUNNERS	-	MONDAY / WEDNESDAY 6:30 PM - 8:00 PM	"BASIC" PHYSICAL NEEDED
BK3 - BASKETBALL 3on3 INTRAMUEAL	VIRGILIO VIA GIULIA, 44	MONDAY May 30th, June 6th, June 13th 9:30 PM	"BASIC" PHYSICAL NEEDED
VOLLEYBALL INTRAMURAL	VIRGILIO VIA GIULIA, 44	TUESDAY May 31st, June 7th 9:00 PM	"BASIC" PHYSICAL NEEDED
BEACH VOLLEYBALL INTRAMURAL	ANZIO RIVAZZURA	FRIDAY June 17th 10:00 AM - 9:00 PM € 10 Online + € 20 Cash	"BASIC" PHYSICAL NEEDED

## SPORT TRIPS

\*Participation fees are not refundable. Payments can be made online by the deadline

TRIP	DATE	PLACE	PRICE
SAPRI TRIP	MAY 28 - 29th	SAPRI CAMPANIA	SOLD OUT
KAYAK DAY TRIP	JUNE 14th	FREGENE LAZIO	€ 40 - FROM 5 TO 8 PEOPLE DEADLINE: MAY 28th