



RECREATIONAL CENTER – SPRING 2018

FITNESS CLASSES



JCU Fitness Center – Gianicolo Residence, Vicolo della Penitenza, 2B – <http://gladiators.johncabot.edu>

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 AM	HIIT		HIIT	
10:00 AM		YOGA		YOGA
12:00 PM	AIKIDO			
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS
5:15 PM	KICK BOXING	CHEERDANCE	KICK BOXING	
6:15 PM	ZUMBA	ABS & LEGS STRETCHING	ZUMBA	ABS & LEGS STRETCHING
7:15 PM	BFEEx		BFEEx	
7:45 PM		UPPER BODY		UPPER BODY

*Valid JCU ID card and PHYSICAL needed to enter the gym

OPENING HOURS: MONDAY – THURSDAY: FROM 8AM TO 10PM / FRIDAY – SUNDAY: FROM 10AM TO 8PM

VARSITY TEAMS

Fields: **TRASTEVERE STADIUM** Via Vitellia, 50 / **VIRGILIO** Via Giulia, 40

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S 5vs5 SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-10:30pm	"COMPETITIVE" PHYSICAL NEEDED
MEN'S 5VS5 SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-10:30pm	"COMPETITIVE" PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9pm – 11pm	"COMPETITIVE" PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MON/WED 9pm – 11pm	"COMPETITIVE" PHYSICAL NEEDED
COED BASKETBALL	VIRGILIO	TUE/THU 9:30pm – 11pm	"BASIC" PHYSICAL NEEDED
CHEERLEADING	JCU FITNESS CENTER	TUE 5:15pm – 6:15pm	"BASIC" PHYSICAL NEEDED

SPORT TRIPS

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

JANUARY	FEBRUARY	MARCH	APRIL
19 TH - MONTE AUTORE SNOWSHOE HIKE http://bit.ly/snowshoes1	2 ND CAMPOSECCO SNOWSHOE HIKE http://bit.ly/snowshoes2	2 ND -4 TH – AMALFI/POSITANO HIKE http://bit.ly/amalfihike	3 RD -6 TH – ARGENTARIO SAILING http://bit.ly/argentariosailing
20 TH – MONTERANO HIKE http://bit.ly/monteranohike	3 RD - BOMARZO HIKE http://bit.ly/bomarzohike	16 TH - CIRCEO HIKE http://bit.ly/CirceoSp18	13 TH -14 TH – TUSCIA HIKE http://bit.ly/TusciaSP18
	4 TH – MONTE SEMPREVISA HIKE http://bit.ly/semprevisahike	23 RD -24 TH MONTEREALE HIKE http://bit.ly/MonterealeSP18	
	17 TH – MONTE PELLECCCHIA HIKE http://bit.ly/pellecchiahike		
	23 RD -25 TH – FRANCIGENA TREKKING http://bit.ly/francigenatrekking		

This schedule may be subject to change. Please visit <http://gladiators.johncabot.edu> for any updates.