



ATHLETICS DEPARTMENT SCHEDULE – SPRING 2019



FITNESS CLASSES

JCU Fitness Center – Gianicolo Residence, Vicolo della Penitenza, 26 – <http://gladiators.johncabot.edu>

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:00 AM		YOGA		YOGA
12:00 PM	HIIT		HIIT	
3:45 PM		FITCROSS		FITCROSS
4:15 PM	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	
4:45 PM		CHEERDANCE		CHEERDANCE
6:15 PM	KICK BOXING	ABS & LEGS	KICK BOXING	ABS & LEGS
7:15 PM	BFEX	UPPER BODY	BFEX	UPPER BODY
8:15 PM	AIKIDO			

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

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: 9pm - 11pm	"BASIC" PHYSICAL NEEDED
CHEERLEADING	JCU FITNESS CENTER	TUE/THU: 4:45pm - 6:15pm	"BASIC" PHYSICAL NEEDED

SPORT TRIPS

TRIP	DATE	PLACE	SIGN UP
SNOW DAY TRIP	FEBRUARY 23	OVINDOLI, ABRUZZO	http://bit.ly/JCU_Skitrip
UMBRIA EXPERIENCE	MARCH 2-3	GUBBIO, UMBRIA	http://bit.ly/JCU_Umbria
SNOW BREAK	MARCH 9-13	TBD	FEBRUARY 22
INTO THE WILD - Frasassi Caves	MARCH 23-24	FRASASSI, MARCHE	http://bit.ly/JCU_Frasassi
TERMINILLO HIKING DAY	APRIL 6	RIETI, LAZIO	http://bit.ly/JCU_Terminillo
AMALFI-POSITANO, WALK OF THE GODS	APRIL 12-14	AMALFI, CAMPANIA	http://bit.ly/JCU_WalkoftheGods

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

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