



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