



RECREATIONAL CENTER



CLASSES - Summer I 2015

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	PILATES	YOGA	PILATES	YOGA	
12:00 PM					AIKIDO
4:15 PM	FITCROSS	FUNCTIONAL	FITCROSS	FUNCTIONAL	
6:15 PM		ABS&LEGS +	BFEX	ABS&LEGS +	
7:15 PM	BFEX	STRETCHING		STRETCHING	
7:45 PM		LATIN DANCE		LATIN DANCE	



OUTDOOR WORKOUT: MONDAY/WEDNESDAY 4:30 PM - 6 PM
Meeting at Tiber Campus

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

VALID JCU ID
CARD NEEDED TO
ENTER THE GYM

INTRAMURAL SPORTS

Courts: VIRGILIO Via Giulia, 44 / BEACHVOLLEY PARADISE Via degli Aldobrandeschi, 115
ROMA 1 Largo Ascianghi, 4

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
BASKETBALL	VIRGILIO	MONDAYS: May 25th, June 8th, 15th 8:00 PM - 10:30 PM	Pick Up Game "Basic" Physical Needed
VOLLEYBALL	VIRGILIO	WEDNESDAYS: May 27th, June 3rd 8:30 PM - 10:30 PM	Pick Up Game "Basic" Physical Needed
BEACH VOLLEYBALL	BEACH VOLLEY PARADISE	WEDNESDAY, June 10th 7:00 PM - 9:00 PM	Pick Up Game "Basic" Physical Needed
SOCCER	ROMA 1	TUESDAY, May 26th, June 9th, 16th 8:15 PM - 10:00 PM	Pick Up Game "Basic" Physical Needed

SPORT TRIPS

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

TRIP	WHEN	WHERE	PRICE
HIKING WEEKEND	June 13th - 14th	Zompo lo Schioppo Abruzzo	€ 140 from 6 to 8 people DEADLINE: June 5th
SAPRI WEEKEND	June 18th - 19th	Sapri Campania	€ 100 from 7 to 14 people DEADLINE: May 29th