



RECREATIONAL CENTER

CLASSES - SUMMER II 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

Fields: VIRGILIO Via Giulia, 40 - ROMA UNO Largo Ascianghi

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
RUNNERS	-	MONDAY / WEDNESDAY 6:30 PM - 8:00 PM	"BASIC" PHYSICAL NEEDED
SOCCER 5on5 INTRAMUEAL	ROMA UNO LARGO ASCIANGHI	WEDNESDAY July 13th 6:30 PM	"BASIC" PHYSICAL NEEDED

SPORT TRIPS

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

TRIP	DATE	PLACE	PRICE
WATERSPORTS DAYTRIP	JUL 9th - 16th 12th - 30th	FREGENE LAZIO	€60 - FROM 5 TO 7 PEOPLE