



RECREATIONAL CENTER

CLASSES - SPRING 2016



JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	YOGA		YOGA		
9:00 AM		PILATES		PILATES	
10:00 AM		ZUMBA		ZUMBA	
2:15 PM					BFEx
3:15 PM		INDOOR CLIMBING 101		INDOOR CLIMBING 101	
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
5:15 PM			DANCE THERAPY		
6:15 PM		ABS & LEGS STRETCHING	BFEx	ABS & LEGS STRETCHING	AIKIDO
7:15 PM	HIP HOP	TOTAL BODY	HIP HOP	TOTAL BODY	
8:15 PM		LATIN DANCE		LATIN DANCE	

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