University of Balamand

Office of Athletics, Wellness and Recreation

Schedule of the Gymnastics Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:30	FREE	FREE		FREE	
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					
10:00 - 10:30					
10:30 - 11:00					
11:00 - 11:30			Gymnastics		Gymnastics
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00			Gymnastics		Gymnastics
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30		Martial Arts	FREE	Martial Arts	FREE
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00		FREE		FREE	
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30	Arm Wrestling Men & Women		Arm Wrestling Men & Women		
5:30 - 6:00					
6:30 - 7:00					
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					

Varsity Teams Training Sessions

Physical Education Classes

Free