University of Balamand

Office of Athletics, Wellness and Recreation

Schedule of the Indoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:30	BADMINTON	TENNIS	BADMINTON	TENNIS	FREE
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00	FOOTBALL	VOLLEYBALL	FOOTBALL	VOLLEYBALL	
10:00 - 10:30					
10:30 - 11:00					
11:00 - 11:30		BASKETBALL	MPH	BASKETBALL	MPH
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00	HANDBALL	RESERVED FOR STAFF & FACULTY	FREE	RESERVED FOR STAFF & FACULTY	HANDBALL
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30	TENNIS	FREE	FOOTBALL	FREE	FOOTBALL
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00	TABLE TENNIS	Handball Women	TABLE TENNIS	Badminton Men & Women & Table Tennis Men & Women	
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30	Volleyball Men	Badminton Men & Women & Table Tennis Men & Women	Volleyball Men	Futsal Women	Futsal Men
5:30 - 6:00					
6:00 - 6:30					
6:30 - 7:00	Volleyball Women	Basketball Women	Volleyball Women	Basketball Women	FREE
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30	Handball Men	Basketball Men	FREE	Basketball Men	
8:30 - 9:00					
9:00 - 9:30					

Varsity Teams Training Sessions

Physical Education Classes

Free