



# University of Balamand

Office of Athletics, Wellness and Recreation

## Schedule of the Indoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00 - 8:30	Badminton with Dr. Eddy Zakhem (PHED 263)	Tennis with Mr. Jhony Sleiman (PHED 262)	Badminton with Dr. Eddy Zakhem (PHED 263)	Tennis with Mr. Jhony Sleiman (PHED 262)	FREE	X	
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00	Football with Dr. Eddy Zakhem (PHED 212)	Basketball with Dr. Fawzi Ferry (PHED 211)	Football with Dr. Eddy Zakhem (PHED 212)	Basketball with Dr. Fawzi Ferry (PHED 211)		Basketball Women	
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30	MPH with Dr. Eddy Zakhem (PHED 214)	Volleyball with Dr. Fawzi Ferry (PHED 210)	MPH with Dr. Eddy Zakhem (PHED 214)	Volleyball with Dr. Fawzi Ferry (PHED 210)		X	
11:30 - 12:00							
12:00 - 12:30							
12:30 - 1:00	Handball with Mr. Dan Crisan (PHED 213)	RESERVED FOR STAFF & FACULTY	Handball with Mr. Dan Crisan (PHED 213)	RESERVED FOR STAFF & FACULTY			X
1:00 - 1:30							
1:30 - 2:00							
2:00 - 2:30	MPH with Dr. Eddy Zakhem (PHED 214)	FREE	MPH with Dr. Eddy Zakhem (PHED 214)	FREE	Badminton		
2:30 - 3:00							
3:00 - 3:30							
3:30 - 4:00	Table Tennis with Dr. Elie Moussa (PHED 261)	Table Tennis M&W	Table Tennis with Dr. Elie Moussa (PHED 261) / Table Tennis M&W	Table Tennis M&W	Volleyball Men		
4:00 - 4:30							
4:30 - 5:00							
5:00 - 5:30	Volleyball Men	Badminton	Volleyball Men	Badminton	Volleyball Women		
5:30 - 6:00							
6:00 - 6:30							
6:30 - 7:00	Volleyball Women	Basketball Women	Volleyball Women	Basketball Men	Basketball Women		
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30	Basketball Men	FREE	Basketball Men	FREE	FREE		
8:30 - 9:00							
9:00 - 9:30							

- Varsity Teams Training Sessions
- Physical Education Classes
- Free