

## University of Balamand

Office of Athletics, Wellness and Recreation

## Schedule of the Track & the Green Field

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:30		Dhariaal Edwarffer		Dhariaal Education	
8:30 - 9:00		Physical Education classes		Physical Education classes	
9:00 - 9:30	Physical Education		Physical Education		Physical Education
9:30 - 10:00	classes		classes		classes
10:00 - 10:30					
10:30 - 11:00					
11:00 - 11:30					
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30		FREE		FREE	
1:30 - 2:00	FREE		FREE		FREE
2:00 - 2:30	TREE		TREE		TILL
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30	Football Men		Football Men		FREE
5:30 - 6:00	Football Men /	Rugby Men	Football Men /	Rugby Men	
6:00 - 6:30	Track & Field		Track & Field		
6:30 - 7:00	Track & Field		Track & Field		
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30	FREE	FREE		FREE	
8:30 - 9:00	INEE				
9:00 - 9:30					
9:30 - 10:00					

Varsity Teams Training Sessions
Physical Education Classes
Free