



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	Physical Conditioning Mr. Dan Crisan (PHED 102)	Jumping with Mr. Dan Crisan (PHED 231)	Physical Conditioning Mr. Dan Crisan (PHED 102)	Jumping with Mr. Dan Crisan (PHED 231)	FREE		
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00	Jumping with Mr. Dan Crisan (PHED 231)	FREE	Jumping with Mr. Dan Crisan (PHED 231)				
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30				Running with Mr. Dan Crisan (PHED 230)		FREE	Running with Mr. Dan Crisan (PHED 230)
11:30 - 12:00							
12:00 - 12:30							
12:30 - 1:00							
1:00 - 1:30	FREE	FREE	FREE				
1:30 - 2:00							
2:00 - 2:30							
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 / Track & Field	Rugby Men	Football Men / Track & Field	
5:30 - 6:00							
6:00 - 6:30							
6:30 - 7:00	Rugby Men	FREE	FREE	Rugby Men			
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30	FREE	FREE	FREE	FREE			
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00							

- Varsity Teams Training Sessions
- Physical Education Classes
- Free