University of Balamand
Office of Athletics, Wellness and Recreation

Varsity Teams Schedules
2023-2024

Schedule of the Hariri Indoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 10:30	Physical Education classes	Physical Education classes	Physical Education classes	Physical Education classes	Physical Education classes	Basketball Women
10:30 - 11:00						
11:00 - 11:30						
11:30 - 12:00						
2:00 - 2:30					Badminton	
2:30 - 3:00						
3:00 - 3:30		Table Tennis M&W	Table Tennis with Dr. Elie Moussa (PHED 261) / Table Tennis M&W	Table Tennis M&W	Volleyball Men	
3:30 - 4:00						
4:30 - 5:00						
5:00 - 5:30	Volleyball Men	Badminton	Volleyball Men	Badminton		
5:30 - 6:00						
6:00 - 6:30						
6:30 - 7:00	Volleyball Women	Basketball Women	Volleyball Women	Basketball Men	Volleyball Women	
7:00 - 7:30						
7:30 - 8:00						
8:00 - 8:30	Basketball Men	FREE	Basketball Men	FREE	Basketball Women	
8:30 - 9:00						
9:00 - 9:30					FREE	

Schedule of Hamat Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30	Handball Men	Futsal Women	Handball Men	Futsal Women	
5:30 - 6:00					
6:00 - 6:30					
6:30 - 7:00		Futsal Men		Futsal Men	
7:00 - 7:30					
7:30 - 8:00					

Schedule of City University Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30					Futsal Women
5:30 - 6:00					
6:00 - 6:30				Handball Men	
6:30 - 7:00					Futsal Men
7:00 - 7:30					
7:30 - 8:00					

Schedule of the Track & the Green Field

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30	Football Men / Track & Field	Rugby Men	Football Men / Track & Field	Football Men / Track & Field	
5:30 - 6:00					
6:00 - 6:30					
6:30 - 7:00	Rugby Men			Rugby Men	
7:00 - 7:30					
7:30 - 8:00					

Schedule of the Outdoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30	Tennis M&W	FREE	Tennis M&W	FREE	Tennis M&W
5:30 - 6:00					
6:00 - 6:30					
6:30 - 7:00					

Varsity Teams Training Sessions
Physical Education Classes
Free