

SPORTS ACTIVITY SCHEDULE FALL 2019

SPORTS	DAY	TIME	LOCATION	COACH
Aerobics	Tue - Thu	17:00 - 19:00	Fitness Room	Samar Sharif 03 / 433473
	Mon - Wed	15:00 - 17:00	Bayt el Talibait	Randa Nasr 70 / 278158
Badminton	Tue - Thu	15:00 - 17:00	Indoor Court	Nabil Nar 03 / 782165
Swimming	Tue - Thu	17:00 - 19:00	Indoor Swimming Pool	Nabil Nar 03 / 782165
Body Building	Mon - Fri	11:30 - 14:30	Body Building Room	Guyo Khoury 03 / 349977
	Wednesday	13:30 - 14:30		
	Tue - Thu	15:00 - 18:00		Cesar Khoury 03 / 477575
Boot Camp	Tue - Fri	15:30 - 17:30	Green Field	Farid Haddad 70 / 196795
Martial Arts	Mon - Wed - Fri	15:30 - 17:30	Fitness Room	Milad Ghantous 03 / 461313
Parkour	Tue - Thu	15:00 - 17:00	Fitness Room	Imad Agha 03 / 912 801
	Saturday	12:00 - 14:00		
Squach	Tue - Thu	17:00 - 20:00	MIRAMAR Resort	Zafer Kabbara 03 / 613454
Table Tennis	Monday	14:00 - 15:30	Indoor Court	Ibrahim Fayad 03 / 862606
	Tue - Thu	15:00 - 17:00		
Tennis	Mon - Thu	15:00 - 19:00	TENNIS Outdoor Courts	Fadi Chalfoun 03 / 546972
	Saturday		Indoor Court	
Track & Field	Monday	15:30 - 17:30	Green Field	Wassim Zakhem 03 / 593755
	Tue - Thu	16:00 - 18:30		
Yoga	Tuesday	12:00 - 14:00	Fitness Room	Elie Asbo 03 / 393086