



University of Balamand

Office of Athletics, Wellness and Recreation

Schedule of the Indoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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)
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)
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)
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)	FREE
1:00 - 1:30				
1:30 - 2:00				
2:00 - 2:30	FREE	FREE	FREE	
2:30 - 3:00	FREE	FREE	FREE	
3:00 - 3:30	 	 	 	
3:30 - 4:00	Table Tennis with Dr. Elie Moussa (PHED 261)	Badminton / Table Tennis	Table Tennis with Dr. Elie Moussa (PHED 261)	Badminton / Table Tennis
4:00 - 4:30				
4:30 - 5:00				
5:00 - 5:30	Volleyball Men	Basketball Men	Volleyball Men	Handball Men
5:30 - 6:00				
6:00 - 6:30				
6:30 - 7:00	Volleyball Women	Futsal Women	Volleyball Women	Futsal Men
7:00 - 7:30				
7:30 - 8:00				
8:00 - 8:30	Basketball Women	Tennis	Basketball Women	Basketball Men
8:30 - 9:00				
9:00 - 9:30				

- Varsity Teams Training Sessions
- Physical Education Classes
- Free