



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 Education classes	Physical Education classes	Physical Education classes	Physical Education classes	Physical Education classes		
8:30 - 9:00							
9:00 - 9:30		FREE	FREE	FREE			
9:30 - 10:00							
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12:00							
12:00 - 12:30							
12:30 - 1:00	FREE				FREE		
1:00 - 1:30							
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	Rugby Men	Football Men	Rugby Men	FREE		
5:30 - 6:00	Football Men / Track & Field		Football Men / Track & Field				
6:00 - 6:30	Track & Field		Track & Field				
6:30 - 7:00	FREE	FREE	FREE	FREE			
7:00 - 7:30							
7:30 - 8:00							
8:00 - 8:30							
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00							

Varsity Teams Training Sessions

Physical Education Classes

Free