



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 with Mr. Dan Crisan (PHED 102)	Throwing with Mr. Dan Crisan (PHED 232)	Physical Conditioning with Mr. Dan Crisan (PHED 102)	Throwing with Mr. Dan Crisan (PHED 232)	
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00	Throwing with Mr. Dan Crisan (PHED 232)		Throwing with Mr. Dan Crisan (PHED 232)		
10:00 - 10:30					
10:30 - 11:00					
11:00 - 11:30	Running with Mr. Dan Crisan (PHED 230)		Running with Mr. Dan Crisan (PHED 230)		
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00	Track & Field	Physical Conditioning with Dr. Eddy Zakhem (PHED 102)	Track & Field	Physical Conditioning with Dr. Eddy Zakhem (PHED 102)	
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30					
5:30 - 6:00	Football Men	Rugby Men	Football Men	Rugby Men	
6:00 - 6:30					
6:30 - 7:00					
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