



# University of Balamand

Office of Athletics, Wellness and Recreation

## Schedule of the Track & the Green Field

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 - 8:30	Physical Conditioning Mr. Dan Crisan (PHED 102)	Jumping with Mr. Dan Crisan (PHED 231)	Physical Conditioning Mr. Dan Crisan (PHED 102)	Jumping with Mr. Dan Crisan (PHED 231)
8:30 - 9:00				
9:00 - 9:30				
9:30 - 10:00	Jumping with Mr. Dan Crisan (PHED 231)		Jumping with Mr. Dan Crisan (PHED 231)	
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	FREE	FREE	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	Track & Field		Track & Field	
4:30 - 5:00				
5:00 - 5:30	Football Men / Track & Field	Rugby Men	Football Men / Track & Field	Rugby Men
5:30 - 6:00				
6:00 - 6:30	Football Men		Football Men	
6:30 - 7:00				
7:00 - 7:30	FREE	FREE	FREE	FREE
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