



# 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		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								
1:00 - 1:30								
1:30 - 2:00								
2:00 - 2:30	Football Men / Track & Field	Rugby Men	Football Men / Track & Field	Rugby Men				
2:30 - 3:00								
3:00 - 3:30								
3:30 - 4:00								
4:00 - 4:30								
4:30 - 5:00								
5:00 - 5:30					Track & Field	Track & Field	Track & Field	Track & Field
5:30 - 6:00								
6:00 - 6:30					FREE	FREE	FREE	FREE
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