




## Sports Activity Schedule Fall 2017

**Basket Ball Men - Senior Team**




<b>T - Th - Sat</b>	19:30 - 21:30	Indoor Court	
	<i>Charbel Feghali</i>	03-812971	

**Basketball Women**




<b>T - Th - Sat</b>	18:00 - 20:00	Indoor Court	
	<i>Florence Tawk/Charbel Feghali</i>	71-608366/03-812971	

**Futsal Men**




<b>M - W</b>	16:30 - 18:30	Indoor Court	
<b>Thu</b>		Outdoor	
	<i>Jad Yammine</i>	76-076769	

**Futsal Women**



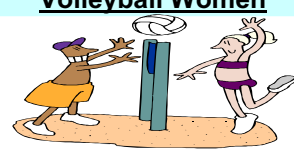
<b>Mon</b>	16:30 - 18:30	Outdoor Court	
<b>T - Th</b>		Indoor Court	
	<i>Rajaa Chatah</i>	03-568026	

**Volleyball Men**



<b>M - W - F</b>	19:30 - 21:30	Indoor Court	
	<i>Marwan Haydar</i>	03-382459	

**Volleyball Women**




<b>M - W - F</b>	18:00 - 20:00	Indoor Court	
	<i>Marwan Haydar/Anka Crisan</i>	03-382459/03-838848	

**Basketball Men - Junior Team**



<b>T - Th - Sat</b>	16:30 - 18:00	Outdoor Court	
	<i>Gilbert Nasr</i>	78/999 342	

**Futsal Men - Jr.**



<b>M - W</b>	18:30 - 20:30	Outdoor Court	
	<i>Jad Yammine</i>	76-076770	

**Football Men - Senior team**




<b>M - W - Th</b>	16:30 - 19:30	Green Field	
	<i>Antonio Fenianos</i>	03-985122	

**Football Men - Junior team**




<b>T - F</b>	17:00 - 19:00	Green Field	
<b>Thu</b>	19:00 - 21:00		
	<i>Ramzi Ashkar</i>	03-769733	

**Handball Men**



<b>T - Th</b>	20:00 - 22:00	TBD	
	<i>Wassim Hawly</i>	03-294473	


**Rugby**





<b>M - W - F</b>	19:00 - 21:00	Green Field	
	<i>Darwish Darwish</i>	03/028961	




## Sports Activity Schedule Fall 2017


Track & Field		
		
<b>M - T - Th</b>	15:00 - 18:00	Green Field
<i>Wassim Zakhem</i> 03-593 755		


Swimming		
		
<b>T - Th</b>	17:00 - 20:00	Swimming Pool
<i>Nabil Nasr</i> 03-782165		

Martial Arts		
		
<b>M - W - F</b>	17:00 - 19:00	Fitness Room
<i>Miled Ghantous</i> 03-461313		

Badminton		
		
<b>T - Th</b>	15:00 - 17:00	Indoor Court
<i>Nabil Nasr</i> 03-782165		

Aerobics & Fitness		
		
<b>M - W - F</b>	17:30 - 19:00	Bayt El Talibat
<i>Randa Nasr</i> 70-278158		
<b>Mon</b>	18:30 - 20:30	Fitness Room
<b>T - TH</b>	17:30 - 19:30	Fitness Room
<i>Samar Sharif</i> 03-433473		

Body Building		
		
<b>M - W - F</b>	12:00 - 15:00	Bodybuilding Room
<i>Guyo Khoury</i> 03-349977		
<b>T - Th</b>	15:00 - 19:00	Bodybuilding Room
<i>Cesar Khoury</i> 03-477575		

Squash		
		
<b>T - Th</b>	18:00 - 21:00	Miramar Club
<b>Sat</b>	17:00 - 19:00	Miramar Club
<i>Zafer Kabbara</i> 03-613454		






Tennis		
		
<b>TH</b>	15:00 - 20:00	BVC (raining days)
<b>M - Sat</b>	15:00 - 20:00	Tennis courts
<i>Fady Chalfoune</i> 03-546972		

Table Tennis		
		
<b>M-T-W-Th</b>	15:00 - 17:00	Indoor Court
<i>Ibrahim Fayad</i> 03-862606		

Boot Camp		
		
<b>M - W - F</b>	16:30 - 18:30	Green Field
<i>Farid Haddad</i> 70-196795		

Yoga		
		
<b>Tue</b>	12:00 - 15:00	Fitness Room
<b>Thu</b>	12:00 - 15:00	Swimming Pool
<i>Elie Asbo</i> 03-393086		

Parkour		
		
<b>T - Th</b>	15:00 - 17:00	Fitness Room
<b>Sat</b>	12:00 - 14:00	Fitness Room
<i>Jad Bou Chahine</i> 70-745530		

For more information contact:  
Athletics Department  
Gymnasium Building  
Room 112 - 113  
Extension 1711 - 1712  
E-mail: [athletics@balamand.edu.lb](mailto:athletics@balamand.edu.lb)

# Fall 2017 Varsity Teams Try - Outs



## Basketball Men



### Try outs Date

Tue 29/8/2017		
Thu 31/8/2017	20:00 - 22:00	Indoor Court
Tue 5/9/2017		
<b>Charbel Feghali</b>		03-812971

## Basketball Women



### Try outs Date

Tue 29/8/2017		
Thu 31/8/2017	18:00 - 20:00	Indoor Court
Tue 5/9/2017		
<b>Charbel Feghali/Florence Tawk</b>		03-812971 / 71-608366

## Volleyball Men



### Try outs Date

Mon 28/8/2017		
Wed 30/8/2017	20:00 - 22:00	Indoor Court
Mon 4/9/2017		
<b>Marwan Haydar</b>		03-382459

## Volleyball Women



### Try outs Date

Mon 28/8/2017		
Wed 30/8/2017	18:00 - 20:00	Indoor Court
Mon 4/9/2017		
<b>Marwan Haydar/Anka Crisan</b>		03-382459 / 03-838848

## Futsal Men



### Try outs Date

Mon 28/8/2017		
Wed 30/8/2017	16:00 - 18:00	Indoor Court
Mon 4/9/2017		
<b>Jad Yammine</b>		76/076769

## Futsal Women



### Try outs Date

Tue 29/8/2017		
Thu 31/8/2017	16:00 - 18:00	Indoor Court
Tue 5/9/2017		
<b>Rajaa Chatah</b>		03-568026

# Fall 2017 Varsity Teams Try - Outs



Rugby		
		
<b>Try outs Date</b>		
Mon 28/8/2017		
Wed 30/8/2017	19:00 - 21:00	Green Field
Mon 4/9/2017		
<b>Darwich Darwich</b>		03-028961

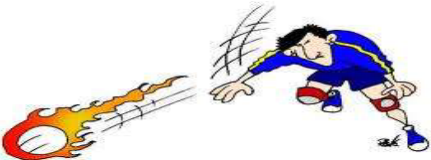

Handball Men		
		
<b>Try outs Date</b>		
Tue 29/8/2017		
Thu 31/8/2017	20:00 - 22:00	
Tue 5/9/2017		
<b>Wassim Hawly</b>		03-294473

Table Tennis (Men & Women)		
		
<b>Try outs Date</b>		
Mon 28/8/2017		
Tue 29/8/2017	15:00 - 17:00	Indoor Court
Thu 31/8/2017		
<b>Ibrahim Fayyad</b>		03-862606

Tennis (Men & Women)		
		
<b>Try outs Date</b>		
Mon 28/8/2017		
Thu 31/9/2017	15:00 - 20:00	Tennis Courts
Mon 4/9/2017		
<b>Fadi Chalfoun</b>		03-546972

Football Men		
		
<b>Try outs Date</b>		
Mon 28/8/2017		
Wed 30/8/2017	17:00 - 19:00	Green Field
Thu 31/8/2017		
Mon 4/9/2017		
<b>Antonio Fenianos</b>		03-985122

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