




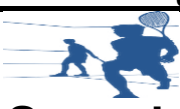





Sports Activity Schedule

Fall 2018

Sports	Day	Time	Location	Coach
 Aerobics	Monday	18:30 - 20:30	FITNESS Room	Samar Sharif 03 / 433473
	Tue - Thu	17:00 - 19:00		
	Mon - Wed	15:00 - 19:00	Bayt el Talibait	Randa Nasr 70 / 278158
	Friday	17:00 - 19:00		
 Badminton	Tue - Thu	15:00 - 17:00	Indoor Court	Nabil Nar 03 / 782165
 Body Building	Mon - Wed - Fri	12:00 - 15:00	Body Building Room	Guyo Khoury 03 / 349977
	Tue - Thu	15:00 - 19:00		Cesar Khoury 03 / 477575
 Boot Camp	Mon - Wed - Fri	16:30 - 18:30	Green Field	Farid Haddad 70 / 196795
 Martial Arts	Mon - Wed - Fri	17:00 - 19:00	FITNESS Room	Miled Ghantous 03 / 461313
 Parkour	Tuesday	15:00 - 17:00	FITNESS Room	Imad Aigha 03 / 912 801
	Thursday			
 Swimming	Tue - Thu	17:00 - 20:00	Indoor Swimming Pool	Nabil Nar 03 / 782165
 Squash	Tue - Thu	18:00 - 21:00	MIRAMAR Resort	Zafer Kabbara 03 / 613454
	Saturday	17:00 - 19:00		
 Table Tennis	M - Tu - W - Th	15:00 - 17:00	Indoor Court	Ibrahim Fayad 03 / 862606
 Tennis	Mon - Thu	15:00 - 20:00	TENNIS Outdoor Courts	Fadi Chalfoun 03 / 546972
	Saturday	15:00 - 19:00	Indoor Court	
 Track & Field	Mon - Tue - Thu	15:00 - 18:00	Green Field	Wassim Zakhem 03 / 593755
 Yoga	Tue - Thu	12:00 - 14:00	FITNESS Room	Elie Asbo 03 / 393086

Team Sports

Sports	Day	Time	Location	Coach
 Basketball Men (Team A)	Tue - Thu - Sat	20:00 - 22:00	Indoor Court	Charbel Feghali 03 / 812971
 Basketball Men (Team B)	Tue - Thu	16:00 - 18:00	Outdoor Court	Gilbert Nasr 78 / 999342
	Friday		Indoor Court	
 Basketball Women	Tue - Thu	18:00 - 20:00	Indoor Court	Charbel Feghali 03 / 812971 & Florence Tawk 71 / 608366
	Saturday	18:30 - 20:00		
 Football Men (Team A)	Mon - Wed - Thu	16:30 - 19:30	Green Field	Antonios Fenianos 03 / 985122
 Football Men (Team B)	Tue - Fri	17:00 - 19:00	Green Field	Ramzi Ashkar 03 / 769733
	Thursday	19:00 - 21:00		
 Futsal Men (Team A)	Mon - Wed	16:30 - 18:30	Indoor Court	Jad Yammine 76 / 076760
	Thursday		Outdoor Court	
 Futsal Men (Team B)	Mon - Wed	18:30 - 20:30	Outdoor Court	Jad Yammine 76 / 076760
 Futsal Women	Monday	16:30 - 18:30	Outdoor Court	Rajaa Chatah 03 / 568026
	Tue - Thu	16:30 - 18:30	Indoor Court	
 Volleyball Men	Mon - Wed - Fri	19:30 - 21:30	Indoor Court	Marwan Haidar 03 / 382459
 Volleyball Women	Mon - Wed - Fri	18:00 - 20:00	Indoor Court	Marwan Haidar 03 / 382459 & Anka Crisan 03 / 838848
 Handball Men	Tue - Thu	17:30 - 19:30	Hamat Court	Wassim Hawly 03 / 294473
 Rugby	Mon - Wed - Fri	19:30 - 21:30	Green Field	Darwich Darwich 03 / 028961

For more information contact the Athletics Department
Gymnasium Building ,Room 112 - 113 Ext. 1711 - 1712 E-mail: athletics@balamand.edu.lb