






Sports Activity Schedule


Fall 2009 - 2010


<u>Basket Ball Men</u>		
		
T-TH	19:00 - 21:00	Indoor Court
Sat	9:00 - 11:00	
<i>Charbel Feghali</i>		03-812971


<u>Basketball Women</u>		
		
T-TH	17:00 - 19:00	Indoor Court
Sat	T.B.A	
<i>Eliane Chalhoub</i>		03-473336


<u>Football Men</u>		
		
M- W - TH	17:00 - 19:00	Green Field
<i>Antonio Fenianos</i>		03-985122


<u>Futsal Women</u>		
		
M- W - TH	17:00 - 19:00	Outdoor Court
<i>Jad Yammine</i>		03-670944

<u>Volleyball Men</u>		
		
M- W - F	19:00 - 21:00	Indoor Court
<i>Marwan Haydar</i>		03-382459

<u>Volleyball Women</u>		
		
M- W - F	17:00 - 19:00	Indoor Court
<i>Marwan Haydar</i>		03-382459


<u>Rugby</u>		
		
T - TH	19:00 - 21:00	Green Field
<i>Raymond Safi</i>		03-404345

<u>Handball Men</u>		
		
T - TH	15:00 - 17:00	Indoor Court
<i>Rami Issa</i>		70-443188

<u>Yoga</u>		
		
T.B.A	T.B.A	T.B.A
<i>Elie Asbo</i>		03-404345


For more information contact:
Athletics Department
Gymnasium Building
Room 111 - 112
Extension 1711
E-mail: athletics@alamand.edu.lb

Track & Field



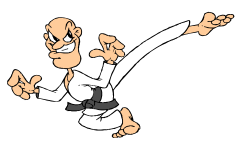
T-TH	15:00 - 17:00	Green Field
Sat	10:00 - 12:00	
Wassim Zakhem		03-593 755

Swimming



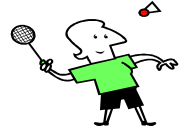
M-W	17:00 - 20:00	Swimming Pool
Nabil Nasr		03-782165

Martial Arts



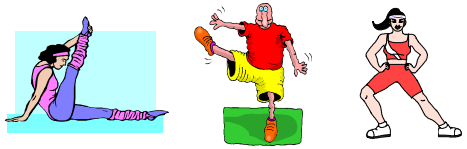
M-W-F	17:00 - 19:00	Judo Room
Miled Ghantous		03-461313

Badminton



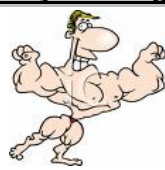
M-W	15:00 - 17:00	Indoor Court
Nabil Nasr		03-782165

Aerobics & Fitness




M	18:00 - 20:00	Beit Al Talibat
T-TH	17:00 - 19:00	Judo Room
Samar Sharif		03-966682

Body Building




M-W-F	14:00 - 17:00	Bodybuilding Room
Guyo Khoury		03-349977

Squash




T-TH	17:00 - 20:00	Miramar Resort
Sat	17:00 - 19:00	
Zafer Kabbara		03-613454

Tennis




T-TH-Sat	15:00 - 20:00	Tennis Courts
Fady Chalfoune		03-546972

Table Tennis



M-W	15:00 - 17:00	Gymnasium
T	15:00 - 18:00	Zakhem Bldg.
Ibrahim Fayyad		03-862606

Futsal Men



M-W	21:00 - 22:00	Indoor Court
Antonio Fenianos		03-985122