



University of Balamand

Office of Athletics, Wellness and Recreation

Schedule of the Body Building Room

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | |
|---------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|--|------|------|
| 8:00 - 8:30 | FREE | | FREE | | FREE | | | |
| 8:30 - 9:00 | | | | | | | | |
| 9:00 - 9:30 | Physical Education classes | FREE | Physical Education classes | FREE | Physical Education classes | | | |
| 9:30 - 10:00 | | | | | | | | |
| 10:00 - 10:30 | | | | | | | | |
| 10:30 - 11:00 | | | | | | | | |
| 11:00 - 11:30 | FREE | Physical Education classes | FREE | Physical Education classes | FREE | | | |
| 11:30 - 12:00 | | | | | | | | |
| 12:00 - 12:30 | | | | | | | | |
| 12:30 - 1:00 | | | | | | | | |
| 1:00 - 1:30 | | | | | | | | |
| 1:30 - 2:00 | | | | | | | | |
| 2:00 - 2:30 | | | | | | | | |
| 2:30 - 3:00 | | | | | | | | |
| 3:00 - 3:30 | | | | FREE | | | FREE | FREE |
| 3:30 - 4:00 | | | | | | | | |
| 4:00 - 4:30 | | | | | | | | |
| 4:30 - 5:00 | | | | | | | | |
| 5:00 - 5:30 | | | | | | | | |
| 5:30 - 6:00 | | | | | | | | |
| 6:00 - 6:30 | | | | | | | | |
| 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