



# University of Balamand

Office of Athletics, Wellness and Recreation

## Schedule of the Body Building Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
8:00 - 8:30	Body Building with Dr. George Khoury sec 1(PHED 208)	FREE	Body Building with Dr. George Khoury sec 1(PHED 208)	FREE	FREE										
8:30 - 9:00			Body Building with Dr. George Khoury sec 2(PHED 208)												
9:00 - 9:30	Body Building with Dr. George Khoury sec 2(PHED 208)														
9:30 - 10:00	Body Building with Dr. George Khoury sec 2(PHED 208)														
10:00 - 10:30	FREE	Body Building with Dr. Elie Maliha sec 3 (PHED 208)	Body Building with Dr. Elie Maliha sec 3 (PHED 208)												
10:30 - 11:00				FREE		FREE									
11:00 - 11:30		FREE	FREE												
11:30 - 12:00							FREE	FREE							
12:00 - 12:30									FREE	FREE					
12:30 - 1:00											FREE	FREE			
1:00 - 1:30					FREE								FREE		
1:30 - 2:00														FREE	FREE
2:00 - 2:30															
2:30 - 3:00				FREE		FREE									
3:00 - 3:30	FREE	FREE													
3:30 - 4:00			FREE				FREE								
4:00 - 4:30								FREE	FREE						
4:30 - 5:00										FREE	FREE				
5:00 - 5:30					FREE							FREE			
5:30 - 6:00													FREE	FREE	
6:00 - 6:30															FREE
6:30 - 7:00				FREE		FREE									
7:00 - 7:30	FREE	FREE													
7:30 - 8:00			FREE				FREE								
8:00 - 8:30								FREE	FREE						
8:30 - 9:00										FREE	FREE				
9:00 - 9:30					FREE							FREE			
9:30 - 10:00													FREE	FREE	

- Varsity Teams Training Sessions
- Physical Education Classes
- Free