



University of Balamand

Office of Athletics, Wellness and Recreation

Schedule of the Gymnastics Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:30	FREE	FREE	FREE	FREE	FREE
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					
10:00 - 10:30					
10:30 - 11:00	MPH with Dr. Eddy Zakhem (PHED 214)	FREE	MPH with Dr. Eddy Zakhem (PHED 214)	FREE	FREE
11:00 - 11:30					
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30	Gymnastics (s1) with Dr. George Khoury (PHED 221)	FREE	Gymnastics (s1) with Dr. George Khoury (PHED 221)	FREE	FREE
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00	FREE	FREE	FREE	FREE	FREE
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30					
5:30 - 6:00					
6:00 - 6:30	<div style="display: flex; justify-content: center; align-items: center; gap: 20px;"> <div style="border: 1px solid black; width: 100px; height: 100px; transform: rotate(45deg);"></div> <div style="border: 1px solid black; width: 100px; height: 100px; transform: rotate(-45deg);"></div> </div>				
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