

Sports Teams Training Timetable (Male)

(Sunday, Monday, Tuesday)

Sport	Venue	Timings
Football	Islamic institute	7:30 pm
Basketball	G1	7:00 pm
Volleyball	G1	7:00 pm
Squash	G1	7:00 pm
Badminton	G1	7:00 pm
Taekwondo	G1	7:00 pm
Fencing	G1	7:00 pm
Boxing	Islamic Institute	7:00 pm
Jiu-Jitsu	G1	7:00 pm
Table Tennis	G1	7:00 pm
Fitness	G1	7:00 pm
Chess	G1	7:00 pm
Swimming	G1	7:00 pm