



COMSATS University Islamabad, Lahore Campus

Defence Road, Off Raiwind Road, Lahore
Ph: 042-5321090, 9203101, Fax: 042-9203100
Sports Section

August 25, 2026

GYM TIMINGS, SPORTS SCHEDULE & TRAINING CAMPS FOR VARIOUS GAMES

Welcome New Students!

At COMSATS Lahore, sports are an essential part of campus life. We offer modern facilities, professional coaching and opportunities to compete at university and national levels. Join us to build fitness, teamwork and leadership.

Gym Timings

Users	Timings	Venues
Students + Faculty + Officers + Staff (Male)	09:00 AM – 10:50 AM	Fitness Center at Junaid Zaidi Cricket Stadium
Students + Faculty + Officers + Staff (Female)	11:00 AM – 01:50 PM	
Students + Faculty + Officers + Staff (Male)	02:30 PM – 04:50 PM	
Faculty + Officers + Staff (Male)	05:00 PM – 06:00 PM	
Students + Faculty + Officers + Staff (Male)	06:00 PM – 07:00 PM	
Students + Faculty + Officers + Staff (Female)	07:00 PM – 08:00 PM	

Training Camps

Name of Games/Sports	Timings	Venues
Hockey, Football and Cricket (Male & Female)	03:00 PM – 06:00 PM	Hockey, Football and Cricket grounds
Basketball, Badminton, Table Tennis, Tennis and Volleyball (Male & Female)	03:00 PM – 06:00 PM	Basketball, Badminton, Tennis and Volleyball courts
Athletics (Male & Female)	03:00 PM – 06:00 PM	Athletics track

Note: For further queries, sports equipment and registration, please contacts the undersigned at Junaid Zaidi Cricket Stadium, CUI Lahore Campus.

Dr. Rehan Yousaf
Manager Sports
☎ 0300-9694143

Stay Active | Stay Healthy | Represent Your Campus