



COMSATS University Islamabad, Lahore Campus

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Sports Office

January 30, 2025

GYM TIMINGS, SPORTS SCHEDULE & TRAINING CAMPS FOR VARIOUS GAMES/SPORTS

The training camps for various games will commence on February 10, 2025 in CUI, Lahore Campus.

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.

Rehan Yousaf

Manager Sports

Cell # 03009694143