



Sports and Social Department



جامعة أكتوبر للعلوم الحديثة والآداب

Sportive Activities Plan "Daily Training" 2019 / 2020

No	Activity	Day	Time	Place	Register.	COACH
1	MSA Academy, Football. (Boys) MSA Academy, Football. (Girls)	Sunday WEDNESDAY	3:00 – 5:00	Olympic Compound	True Gym	C/ AHMED MUSTAFA 01008886886
2	MSA Academy, Volleyball	Saturday Wednesday	10:00 – 1:00	Olympic Compound	True Gym	C/ NANES ESSAM 01153199274
3	MSA Academy, Basketball	Sunday TUESDAY	12:00 : 3:00 3:00 – 5:00	Olympic Compound	True Gym	C/ ATHAR SELIM 01229578232
4	MSA Academy, Handball	Wednesday	3:00 – 5:00	Olympic Compound	True Gym	C/ Youssef tarek 01551852499
5	Zumba class	Sunday TUESDAY Thursday	10:00 – 10:45 2:00-2:45	True Gym	True Gym	C/ NANES ESSAM 01153199274
6	MSA, Boxing Academy	Sunday WEDNESDAY	3:30 – 5:30	True Gym	True Gym	C/ RAEF ALI 01202808910
7	MSA Table tennis Academy	Sunday TUESDAY	12:30 – 3:00	Training Hall	True Gym	C/ RAEF ALI 01202808910

For more info. Sports & social administration office “Building L”

Sportive and Social Activities Administration
Dr: Salah Abdel Hady