TIMETABLE

This timetable separates morning and evening practices, allowing students to balance their athletic and academic responsibilities effectively. Adjust the timings according to the availability of facilities and other factors specific to your college.

**Morning Schedule:**

**Monday:**

* 7:00 AM - 9:00 AM: Soccer practice (Men's)
* 9:30 AM - 11:30 AM: Basketball practice (Women's)

**Tuesday:**

* 8:00 AM - 10:00 AM: Badminton practice (Mixed Doubles)
* 10:30 AM - 12:30 PM: Track and Field training

**Wednesday:**

* 7:30 AM - 9:30 AM: Cricket practice (Women's)
* 10:00 AM - 12:00 PM: Rugby practice (Men's)

**Thursday:**

* 8:30 AM - 10:30 AM: Baseball practice (Men's)
* 11:00 AM - 1:00 PM: Softball practice (Women's)

**Friday:**

* 7:00 AM - 9:00 AM: Cricket practice (Men's)
* 9:30 AM - 11:30 AM: Football practice (Women's)

**Evening Schedule:**

**Monday:**

* 5:00 PM - 7:00 PM: Volleyball practice (Co-ed)

**Tuesday:**

* 4:00 PM - 6:00 PM: Kabaddi practice (Co-ed)

**Wednesday:**

* 5:30 PM - 7:30 PM: Kho- Kho practice (Men's)

**Thursday:**

* 5:00 PM - 7:00 PM: Badminton practice (Women's)

**Friday:**

* 6:00 PM - 8:00 PM: Rugby practice (Men's)

**Saturday Off**

**Sunday**

* **Match Day ( Football , Rugby , Cricket, Handball, Badminton )**