

BUDDHIST AND PALI UNIVERSITY OF SRI LANKA

Centre for Physical Fitness

Scheduled Days and Times for practice

Amended from - 12/08/2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4.00 pm to 5.00 pm	4th year - monks (Local)	4th year - male	4th year monks (Local)	2nd year - monks (Local)	4th year - male
5.00 pm to 6.00 pm	2nd year - male	Staff - female	3rd year - male	Staff - female	3rd year - monks (Local)
6.00 pm to 7.00 pm	1st year - monks (Local)	3rd year - monks (Local)	1st year - male	2nd year - male	3rd year - male
7.00 pm to 8.00 pm	1st year - male	Staff - male	Monks (foreign)	Staff - male	Monks (foreign)
8.00 pm to 9.00 pm		2nd year - monks (Local)		1st year - monks (Local)	

Prepared by;

Ven. Prof. Aluthgama Vimalarathana Thero - Warden/ Marshal