



Planning des entraînements Saison 2019-2020



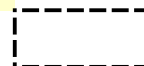
| | Lundi | Mardi | Mercredi | Jeudi | Vendredi |
|-------------------|---|---|---|---|---|
| | 17.30 h 17.45 h 18.00 h 18.15 h 18.30 h 18.45 h 19.00 h 19.15 h 19.30 h 19.45 h 20.00 h 20.15 h 20.30 h 20.45 h 21.00 h 21.15 h 21.30 h 21.45 h 22.00 h | 17.30 h 17.45 h 18.00 h 18.15 h 18.30 h 18.45 h 19.00 h 19.15 h 19.30 h 19.45 h 20.00 h 20.15 h 20.30 h 20.45 h 21.00 h 21.15 h 21.30 h 21.45 h 22.00 h | 17.30 h 17.45 h 18.00 h 18.15 h 18.30 h 18.45 h 19.00 h 19.15 h 19.30 h 19.45 h 20.00 h 20.15 h 20.30 h 20.45 h 21.00 h 21.15 h 21.30 h 21.45 h 22.00 h | 17.30 h 17.45 h 18.00 h 18.15 h 18.30 h 18.45 h 19.00 h 19.15 h 19.30 h 19.45 h 20.00 h 20.15 h 20.30 h 20.45 h 21.00 h 21.15 h 21.30 h 21.45 h 22.00 h | 17.30 h 17.45 h 18.00 h 18.15 h 18.30 h 18.45 h 19.00 h 19.15 h 19.30 h 19.45 h 20.00 h 20.15 h 20.30 h 20.45 h 21.00 h 21.15 h 21.30 h 21.45 h 22.00 h |
| Terrain A1 | C1 lu-je, 18.30-20.00h 30+ lu, 19.30-21.00h | B1 ma-je, 18.00-19.20h | C2 lu-me, 18.00-19.20h 1 , 19.30-21.00h | C1 ma-je, 18.30-20.00h Match Seniors 30+ je, 20.00-22h | E3 me-ve, 18.00-19.20h Match 3 ve, 20.00-22h |
| Terrain A2 | 1 , 19.30-21.00h | D3 ma-je, 17.45-19.15h 2 ma-jeu, 19.30-21.00h | E1/E3 me-ve, 18.00-19.20h | B1 ma-je, 18.00-19.30h | E1 me-ve, 18.00-19.20h |
| Terrain B1 | F lu-(je), 18h-19.15h 1 , 19.30-21.00h | Gardiens ma, 17.15-18.15h 1 , 19.30-21.00h | Gardiens me, 17.30-18.30h Gardiens je, 18.30-19.30h | F lu-(je), 18h-19.15h 2 ma-jeu, 19.30-21.00h | A lu-me,ve, 19.30-21h.00 |
| Terrain B2 | 1 , 19.30-21.00h | Gardiens ma, 17.15-18.15h | Gardiens me, 17.30-18.30h Gardiens je, 18.30-19.30h | Gardiens je, 18.30-19.30h | Gardiens ve, 18.30-19.30h |
| Bande A-B | | Gardiens ma, 17.15-18.15h | Gardiens me, 17.30-18.30h Gardiens je, 18.30-19.30h | Gardiens je, 18.30-19.30h | Gardiens ve, 18.30-19.30h |
| Terrain C1 | C2 lu-me, 18.00-19.20h A Lu-Me, 19.30-21.00h | D1 ma-je, 17.30-19.00h | E2 me-ve, 18.00-19.20h A Lu-Me, 19.30-21.00h | D1 ma-je, 17.30-19.00h 2 ma-jeu, 19.30-21.00h | D2 ma-ve, 17.45-19.15h |
| Terrain C2 | E4 lu-me, 18.00-19.20h 30+C lu, 19.30-21.00h | D2 ma-ve, 18.00-19.20h 3 ma, 19.30-21.00h | E4 lu-me, 18.00-19.20h 1 , 19.30-21.00h | D3 ma-je, 18.00-19.20h 1 , 19.30-21.00h | E2 me-ve, 18.00-19.20h 1 , 19.30-21.00h |
| Bande B-C | | | | | |

Responsable Technique: Bala Korei Hassan 078 873 22 58

Convocateur : Stéphane Gerbex : 079 212 6764

Responsable Matériels : Jorge Augusto 079 212 6764

INFO.: Tous les exercices de "skipping" seront exécutés sur les bandes A-B ou B-C.



Autre emplacement et occupation possible selon conditions (luminosité, état du terrain...)