

**PLANNING D’ENTRAINEMENT SAISON 2017/2018**

**Complexe sportif JOSEPH et PATRICK CELIGNY BOISRIPEAUX 97139 ABYMES**

|  |  |  |  |  |  |  |  |
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|  | LUNDI  | MARDI | MERCREDI | JEUDI | VENDREDI  | SAMEDI  | DIMANCHE |
| SENIORS | 19H-20H45 | 19H-20H45 |  | 19H-20H45 |  |  |  |
| U 19 | 18h30h-20h |  | 18h00-20h00 |  | 18h30-20h |  |  |
| U 17 | 17h30-19h |  | 16h30-18h30 |  | 17h30-19h |  |  |
| U 15 | 17h45-18h45 | 17h45-18h45 | 16h30-18h00 |  | 17h45-18h45 |  |  |
| U 13 |  | 17h30-19h | 14h30-16h30 |  |  | 7h30-10h |  |
| U 11  |  |  | 14h30-16h30 |  |  | 7h30-10h |  |
| U 9  |  |  | 14h-15h30 |  |  | 8h-9h30 |  |
| U 7 |  |  | 14h-15h30 |  |  | 8h-9h30 |  |