

Planning entraînements



PALAIS DU MIDI				
T1	T2	T3	Gymnase	VIP

ROUE	FONTAINAS	VDP
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LUNDI	16.30	U12 Eli	U14 B	U10 A	16-18
	17.00	Falilou	Mourad	Corentin	
	18.00	U16 A	U18 A	U19 Fi	
	18.00	Jean-Pierre	Mourad	Abdellah	
	19.30	Futsal		BGS	

16.30	U12 A	Esteban	20.00	U21 REG B (2)	P2 A	Jon
17.00	U21 A	Jon				

MARDI	16.45	U16 B	U18 B	U8 A	16-18
	17.15	Ahmed	Mourad	Rochdi	
	18.15	U14 REG A	U17 REG B	U21 REG B	
	18.15	Vincent	Fayçal	Yvon	
	18.45	TDM1 - TDM2 - U21 REG (1)		P1Da	
	19.45	physical / practice		Abdellah	
	19.45	Nicolas - Loïc - Vincent - Yvon		Handball	

17.00	U14 Fi	Renato
18.30	U16 Fi	Renato
20.00		

MERCREDI	13.00	INITIATION	INITIATION	INITIATION	13.30	13.00
	13.30				14.30 - B	
	14.00				Baby 1	
	14.30	U14 new	U14 B	U10 new	?	
	15.00	Raymond	Mourad	Esteban		
	15.30				16.00	
	16.00	U10 A	U18 A	U12 A		
	16.30	Corentin	Mourad	Esteban		
	17.00	U21 A	U17 REG B - U14 REG A			
	17.30	Jon	specifics			
	18.00	TDM2 B				
	19.00	Loïc - Vincent				
	19.00	Badminton				
	19.30					
	20.30					

14.00	U16 A	Jean-Pierre
14.30		16.00



JEUDI	16.45	U14 Fi	U17 REG B	16.30 U12 Eli	16-18
	17.00	Renato	Fayçal	Falilou	
	18.15	U16 Fi	U21 REG B (2) & P2 A		
	18.15	Renato	Fred		
	18.30	TDM1 - U21 REG B (1)			
	19.45	Nicolas - Fred			
	19.45	Handball			
	21.15				

17.00	U19 Fi	Abdellah	20.00	LOISIR
18.30	U16 B	Ahmed		Larbi

VENDREDI	16.30				16-18
	17.15	U14 REG A	U18 B	U8 A	
	18.00	Vincent	Mourad	Rochdi	
	18.45	TDM1 - U21 REG B (1) et/ou TDM2 B			
	18.45	Nicolas - Fred - Loïc - Vincent - Yvon			
	19.30				
	20.15				
	20.15	1 sur 2			
	21.45				



18.30	P1 Da	Abdellah
20.30		

SAMEDI	10-11.30
	11.30-13

U10 new	Esteban
U14 new	Raymond