

PLANNING DES ENTRAINEMENTS (SAISON 2018-2019)

| | | 17.00 | 17.15 | 17.30 | 17.45 | 18.00 | 18.15 | 18.30 | 18.45 | 19.00 | 19.15 | 19.30 | 19.45 | 20.00 | 20.15 | 20.30 | 20.45 | 21.00 |
|-------|------|-------|-------|-------|-------|------------------------|---------------------------------------|-----------------------|----------------------------|-----------------|-------|-------|-------|-------|-------|-------|-------|-------|
| LUNDI | L1 | | | | | ENF3 Raphaël ORANGE | JUNIORS REGION ET INTERREGION Raphaël | | | | | | | | | | | |
| | L2 | | | | | | | | | | | | | | | | | |
| | L3 | | | | | | | | | | | | | | | | | |
| | L4 | | | | | | | | | | | | | | | | | |
| | L5 | | | | | | | | | | | | | | | | | |
| | L6 | | | | | | | | | | | | | | | | | |
| | Ext. | | | | | | | JEUNES REGION Nicolas | JEUNES INTERREGION Nicolas | MAITRES Raphaël | | | | | | | | |
| Ext. | | | | | | | | | | | | | | | | | | |
| PPG | | | | | | | | | | | | | | | | | | |

| | | 16.00 | 16.15 | 16.30 | 16.45 | 17.00 | 17.15 | 17.30 | 17.45 | 18.00 | 18.15 | 18.30 | 18.45 | 19.00 | 19.15 | 19.30 | 19.45 | 20.00 | 20.15 | 20.30 | |
|-------|------|-------|-------|-------|-------|----------------------------|-------|-------|-------|-------|-------|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| MARDI | L1 | | | | | JEUNES INTERREGION Nicolas | | | | | | JUNIORS INTERREGION Bruno | | | | | | | | | |
| | L2 | | | | | | | | | | | | | | | | | | | | |
| | L3 | | | | | | | | | | | | | | | | | | | | |
| | L4 | | | | | | | | | | | | | | | | | | | | |
| | L5 | | | | | | | | | | | | | | | | | | | | |
| | L6 | | | | | | | | | | | | | | | | | | | | |
| | Ext. | | | | | INTERPARROISSIAL Océane | | | | | | | | | | | | | | | |
| Ext. | | | | | | | | | | | | | | | | | | | | | |
| PPG | | | | | | | | | | | | | | | | | | | | | |

| | | 06h00 | 06h15 | 06h30 | 06h45 | 07h00 | 07h15 | 07h30 | 09.00 | 09.15 | 09.30 | 09.45 | 10.00 | 10.15 | 10.30 | 10.45 | 11.00 | 11.15 | 11.30 | 11.45 | 12.00 | 12.15 | 12.30 | 12.45 | 13.00 | 13.15 | 13.30 | 13.45 | 14.00 | 14h15 | 14h30 | 14h45 | 15h00 | 19.00 | 19.15 | 19.30 | 19.45 | 20.00 |
|----------|-------------------------------------|-------------------------------------|-------|-------|--------------------------------------|-------|-------|-------|--------------|-------------------------------------|-----------|-------|---------------|--------------------------------------|-------|-------|----------------------------|----------------------|-------|---------------------------|------------------------------|-----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| MERCREDI | L1 | JUNIORS REGION ET INTERREGION Bruno | | | | | | | | ENF 3 Raphaël ORANGE | | | | ENF 2 Raphaël JAUNE | | | | ENF1 Raphaël VERT | | ESPADONS Raphaël ROUGE | | MAITRES Raphaël | | | | | | | | | | | | | | | | |
| | L2 | | | | | | | | | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | |
| | L3 | | | | | | | | | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | |
| | L4 | | | | | | | | | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | |
| | L5 | | | | | | | | | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | |
| | L6 | | | | | | | | | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | |
| | Ext. | | | | | | | | | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | |
| Ext. | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PPG | JUNIORS REGION ET INTERREGION Bruno | | | | JEUNES REGION ET INTERREGION Nicolas | | | | TÉTARDS BLEU | | NAT HANDI | | ADULTES Susie | | | | JEUNES DEPARTEMENTAL Susie | | | | JUNIORS DEPARTEMENTAL Océane | | | | | | | | | | | | | | | | | |

| | | 16.00 | 16.15 | 16.30 | 16.45 | 17.00 | 17.15 | 17.30 | 17.45 | 18.00 | 18.15 | 18.30 | 18.45 | 19.00 | 19.15 | 19.30 | 19.45 | 20.00 | 20.15 | 20.30 | 20.45 | 21.00 | 21.15 | 21.30 | | | |
|-------|------|--------------------------|-------|-------|-------|-------|---------------------------|-------|-------|----------------------|-------|-------|-------|-------|-------|---------------------------|-------|-------|-------|------------------------|-------|-------|-------|-------|--|--|--|
| JEUDI | L1 | INTER PARROISSIAL Océane | | | | | ESPADONS Raphaël ROUGE | | | JUNIORS REGION Bruno | | | | | | JUNIORS INTERREGION Bruno | | | | ADULTES LOISIR Corinne | | | | | | | |
| | L2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ext. | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ext. | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PPG | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 7.30 | 7.45 | 8.00 | 8.15 | 8.30 | 17.00 | 17.15 | 17.30 | 17.45 | 18.00 | 18.15 | 18.30 | 18.45 | 19.00 | 19.15 | 19.30 | 19.45 | 20.00 | 20.15 | 20.30 | 20.45 | 21.00 | | | | |
|----------|------|---------------------------|------|------|------|------|----------------------|-------|-------|-----------------------|-------|-------|-------|----------------------------|-------|-------|-------|------------------------|-------|-------|-------|-------|-------|--|--|--|--|
| VENDREDI | L1 | ADULTES LOISIRS Raphaël | | | | | ENF1 Raphaël VERT | | | JEUNES REGION Nicolas | | | | JEUNES INTERREGION Nicolas | | | | JUNIORS REGION Raphaël | | | | | | | | | |
| | L2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L5 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ext. | JUNIORS INTERREGION Bruno | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ext. | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PPG | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | 9.30 | 9.45 | 10.00 | 10.15 | 10.30 | 10.45 | 11.00 | 11.15 | 11.30 | 11.45 | 12.00 | 12.15 | 12.30 | 12.45 | 13.00 | 13.15 | 13.30 | 13.45 | 14.00 |
|--------|------|----------------------------|------|-------|-------|------------------------------|-------|-------|-------|----------------------------|-------|-------|-------|----------------------|-------|-------|-------|-------|-------|-------|
| SAMEDI | L1 | JEUNES DEPARTEMENTAL Susie | | | | JUNIORS DEPARTEMENTAL Romane | | | | ENF 3 Romane ORANGE | | | | | | | | | | |
| | L2 | JEUNES DEPARTEMENTAL Susie | | | | JUNIORS DEPARTEMENTAL Romane | | | | ENF 3 Romane ORANGE | | | | | | | | | | |
| | L3 | JEUNES REGION Nicolas | | | | | | | | JEUNES INTERREGION Nicolas | | | | | | | | | | |
| | L4 | JEUNES REGION Nicolas | | | | | | | | JEUNES INTERREGION Nicolas | | | | | | | | | | |
| | L5 | ENF2 Raphaël | | | | TÉTARDS BLEU | | | | ESPADONS Raphaël ROUGE | | | | | | | | | | |
| | L6 | ENF2 Raphaël | | | | TÉTARDS BLEU | | | | ESPADONS Raphaël ROUGE | | | | | | | | | | |
| | Ext. | MAITRES Raphaël | | | | JUNIORS INTERREGION Bruno | | | | | | | | JUNIORS REGION Bruno | | | | | | |
| Ext. | | | | | | | | | | | | | | | | | | | | |
| PPG | | | | | | | | | | | | | | | | | | | | |