

**PLANNING HORAIRE ENTRAINEMENTS SAISON 2017-2018**

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE					
5H00	5:30	<b>ENTRETIEN PISTE</b> 5:30/9:10	S 5:30/7:00	S 5:30/7:00	S 5:30/7:00	S 5:30/7:00							
	5:45												
6H00	6:30												
	6:45												
7H00	7:00		7:00/9:00 ASG	7:00/9:00 ASG	7:00/9:00 ASG	7:00/9:00 ASG	S 8:00/8:30						
	7:15												
	7:30												
	7:45												
8H00	8:00		9:10/11:00 SCOLAIRES	9:10/11:00 SCOLAIRES	9:10/11:00 SCOLAIRES	9:10/11:00 SCOLAIRES	9:10/11:00 SCOLAIRES	8:30/10:30 ASG	8:00/9:30 ASG				
	8:15												
	8:30												
	8:45												
9H00	9:00												
	9:15												
	9:30												
	9:45												
10H00	10:00												9:30/11:30 SEANCE PUBLIQUE
	10:15												
	10:30												
	10:45												
11H00	11:00	S11:00/11:15	S11:00/11:15	S11:00/11:15	S11:00/11:15	S11:00/11:15	10:45/11:45 D1 OU SPE GARDIENS	S11:30/11:45					
	11:15	11:15/12:30 D1	11:15/12:30 D1	11:15/13:15 ASG	11:15/12:30 D1	11:15/12:30 D1							
	11:30												
	11:45												
12H00	12:00	S12:30/12:45	S12:30/12:45	13:15/14:15 ECOLE DE HOCKEY.	S12:30/12:45	S12:30/12:45	12:00/14:15 ASG	11:45/14:15 CRENEAU MATCHS					
	12:15												
	12:30												
	12:45												
13H00	13:00	12:45/13:45 ASG	12:45/13:45 ASG	13:45/14:30 D1	12:45/13:45 ASG	12:45/13:45 ASG							
	13:15												
	13:30												
	13:45												
14H00	14:00	13:45/14:30 D1	13:45/14:30 D1	S14:15/14:30	13:45/14:30 D1	13:45/14:30 D1	S14:15/14:30	S14:15/14:30					
	14:15												
	14:30												
	14:45												
15H00	15:00	14:30/15:55 SCOLAIRES	14:30/15:55 SCOLAIRES	14:30/17:30 SEANCE PUBLIQUE	14:30/15:55 SCOLAIRES	14:30/15:55 SCOLAIRES							
	15:15												
	15:30												
	15:45												
16H00	16:00	S16:00/16:15	S16:00/16:15		S16:00/16:15	S16:00/16:15							
	16:15	16:30/18:30 ASG	16:30/17:30 AHA S.E	16:30/17:30 AHA S.E	16:15/18:15 ASG	16:15/18:15 ASG							
	16:30												
	16:45												
17:00													
17H00	17:15												
	17:30												
	17:45												
	18:00												
18H00	18:15	18:30/19:30 AHA U11	18:45/19:45 AHA U9	18:45/19:45 AHA U13	18:45/19:45 AHA U9	18:45/19:45 AHA U9	S18:15/18:30	17:45/20:15 CRENEAU MATCHS					
	18:30						18:30/19:30 ECOLE DE HOCKEY		17:45/20:15 LOIRS JEUNES				
	18:45												
	19:00												
19H00	19:15	S19:30/19:45	S19:45/20:00	S19:45/20:00	S19:45/20:00	S19:45/20:00	17:45/23:00 CRENEAU MATCHS	S					
	19:30												
	19:45												
	20:00												
20H00	20:15	19:45/20:45 AHA U13	20:00/21:00 AHA U17	20:00/21:00 AHA U15	20:00/21:00 AHA U17	19:45/20:45 AHA U11	20:30 ?/22:00 ASG	S					
	20:30												
	20:45												
	21:00												
21H00	21:15	21:00/22:15 AHA U15/17	21:15/22:30 AHA U20	21:15/22:30 AHA U20	21:15/22:15 AHA U20	21:00/24:00 SEANCE PUBLIQUE							
	21:30												
	21:45												
	22:00												
22H00	22:15	S22:15/22:30	S22:30/22:45	S22:30/22:45	S22:15/22:30								
	22:30												
	22:45												
	23:00												
23H00	23:15	22:30/23:30 AHA LOIS	22:45/23:45 AHA V.CROSSES	22:45/23:45 AHA LOIS	22:30/23:30 V.CROSSES								
	23:30												
	23:45												
	00:00												
24H00	0:15	S/A	S/A	S/A	S/A								
	0:30	23:30/24:30	23:45/24:30	23:45/24:30	23:30/24:30	S/A							
	0:45												

**PREPARATION PHYSIQUE**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
U20		20H15	20H15	20H15	
U17	20H00	19H00		19H00	
U15	20H00	17H40/18H15	19H00		
U13	19H00		18H00	17H40/18H15	
U11	17H45				19H00