

Planning entraînements saison 2019/2020

	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h	23h
Lundi											
Subrenat					-13F	-13G	-18F	Spécifique			
Courneau											
Mardi											
Subrenat						-15F	SF	SG1			
Courneau											
Mercredi											
Subrenat				-11F	-18F	-18G	SG2				
Courneau			-11G		-15G						
Jeudi											
Subrenat					-13F	-13G	SG 1	SF			
Courneau	Sport Fitness 33						-15F				
Vendredi											
Subrenat					-15G	-18G	Loisir				
Courneau											

Samedi matin -9 10H à 11H30

<span style="background-color: blue; color: white; padding: 2px;">-9</span>	<span style="background-color: gray; color: white; padding: 2px;">-11F</span>	<span style="background-color: yellow; color: black; padding: 2px;">-13F</span>	<span style="background-color: orange; color: black; padding: 2px;">-15F</span>	<span style="background-color: magenta; color: black; padding: 2px;">-18F</span>	<span style="background-color: red; color: white; padding: 2px;">S.F.</span>
<span style="background-color: lightblue; color: black; padding: 2px;">-11G</span>	<span style="background-color: brown; color: black; padding: 2px;">-13G</span>	<span style="background-color: purple; color: black; padding: 2px;">-15G</span>	<span style="background-color: limegreen; color: black; padding: 2px;">-18G</span>	<span style="background-color: black; color: white; padding: 2px;">S.G.</span>	

