PROGRAMME D'ENTRAINEMENT SUR GLACE - SEMAINE 17

	LUNDI 22/04	MARDI 23/04	MERCREDI 24/04	JEUDI 25/04	VENDREDI 26/04	SAMEDI 27/04	DIMANCHE 28/04
6H-7H	JOUR FERIE	GALA COMPETITION	2019 NATIONS' CUP BALLET ON ICE	2019 NATIONS' CUP BALLET ON ICE	2019 NATIONS' CUP BALLET ON ICE	2019 NATIONS' CUP BALLET ON ICE	< 2019 NATIONS' CUP BALLET ON ICE
6H30 -7H30		GALA BENJAMIN					
7H30-8H30		ENTRAINEMENT COMPETITION & BENJAMIN					
12H15-13H45		SECTION SPORTIVE					

PROGRAMME D'ENTRAINEMENT SUR GLACE - SEMAINE 18

	LUNDI 29/04	MARDI 30/04	MERCREDI 01/05		JEUDI 02/05	VENDREDI 03/05		SAMEDI 04/05		DIMANCHE 05/05
6H-7H	GALA COMPETITION	GALA COMPETITION	JOUR FERIE	6H-7H	GALA COMPETITION	GALA INTER-REGIONAL	7H-8H15	GALA PREPARATOIRE AVENIR	6H-7H45	GALA INTER-REGIONAL
6H30 - 7H30	GALA BENJAMIN	GALA BENJAMIN		6H30 - 7H30	GALA BENJAMIN	GALA BENJAMIN	8H15-9H30	GALA POUSSIN	8H-9H30	SOL INTER-REGIONAL
7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	ENTRAINEMENT COMPETITION & BENJAMIN		7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	ENTRAINEMENT BENJAMIN & INTER-REGIONAL	9H45-10H45	SOL POUSSIN	16H30-17H30	SOL POUSSIN
12H15-14H	COMPETITION BENJAMIN INTER-REGIONAL AVENIR PREPARATOIRE	SECTION SPORTIVE		12H15-14H	SECTION SPORTIVE	COMPETITION BENJAMIN INTER-REGIONAL AVENIR PREPARATOIRE	10H45-11H45	SOL SPIN HYPE	17H45-18H45	GALA INITIATION CONFIRME
17H30-18H30	SOL PREPARATOIRE AVENIR	SOL BENJAMIN		18H-18H55	GALA INITIATION CONFIRME		12H-13H30	SOL INTERCLUB & SPIN ICE	18H45-19H45	GALA POUSSIN
18H45-19H45	GALA PREPARATOIRE AVENIR			18H55-20H	GALA COMPETITION		14H-15H	SOL BENJAMIN	19H45-20H45	GALA INTERCLUB &SPIN ICE
19H45-20H45	GALA INTER-REGIONAL						14H30-15H30	CROSS FIT COMPETITEURS		
20H45-21H45	GALA SPIN HYPE									

PROGRAMME D'ENTRAINEMENT SUR GLACE - SEMAINE 19

	LUNDI 06/05	MARDI 07/05	MERCREDI 08/05		JEUDI 09/05	VENDREDI 10/05		SAMEDI 11/05		DIMANCHE 12/05
6H-7H	GALA COMPETITION	GALA COMPETITION	JOUR FERIE	6H-7H	GALA COMPETITION	GALA INTER-REGIONAL	7H-8H15	GALA PREPARATOIRE AVENIR	6H-7H45	GALA INTER-REGIONAL
6H30 - 7H30	GALA BENJAMIN	GALA BENJAMIN		6H30 - 7H30	GALA BENJAMIN	GALA BENJAMIN	8H15-9H30	GALA POUSSIN	8H-9H30	SOL INTER-REGIONAL
7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	ENTRAINEMENT COMPETITION & BENJAMIN		7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	ENTRAINEMENT COMPETITION & BENJAMIN	9H45-10H45	SOL POUSSIN	16H30-17H30	SOL POUSIN
12H15-14H	TESTS ENTREE SECTION SPORTIVE	SECTION SPORTIVE		12H15-14H	SECTION SPORTIVE	COMPETITION BENJAMIN INTER-REGIONAL AVENIR PREPARATOIRE	10H45-11H45	SOL SPIN HYPE	17H45-18H45	GALA INITIATION CONFIRME
17H30-18H30	SOL PREPARATOIRE AVENIR	SOL BENJAMIN		18H-18H55	GALA INITIATION CONFIRME		12H-13H30	SOL INTERCLUB & SPIN ICE	18H45-19H45	GALA POUSSIN
18H45-19H45	GALA PREPARATOIRE AVENIR			18H55-20H	GALA COMPETITION		14H-15H	SOL BENJAMIN	19H45-20H45	GALA INTERCLUB & SPIN ICE
19H45-20H45	GALA INTER-REGIONAL						14H30-15H30	CROSS FIT COMPETITEURS		
20H45-21H45	GALA SPIN HYPE									

PROGRAMME D'ENTRAINEMENT SUR GLACE - SEMAINE 20

	LUNDI 13/05	MARDI 14/05		MERCREDI 15/05		JEUDI 16/05	VENDREDI 17/05		SAMEDI 18/05		DIMANCHE 19/05
	CHAMPIONNAT UNSS										
6H-7H	GALA COMPETITION	GALA COMPETITION	6H-7H	GALA COMPETITION	6H-7H	GALA COMPETITION	GALA INTER-REGIONAL	7H-8H15	GALA PREPARATOIRE AVENIR	6H-7H45	GALA INTER-REGIONAL
6H30 - 7H30	GALA BENJAMIN	GALA BENJAMIN	6H30 - 7H30	GALA BENJAMIN	6H30 - 7H30	GALA BENJAMIN	GALA	8H15-9H30	GALA POUSSIN	8H-9H30	SOL INTER-REGIONAL
7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	ENTRAINEMENT COMPETITION & BENJAMIN	7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN		9H45-10H45	SOL INTER-REGIONAL	16H30-17H30	SOL POUSSIN
12H15-14H	COMPETITION BENJAMIN INTER-REGIONAL AVENIR PREPARATOIRE	SECTION SPORTIVE	12H15-13H15	GALA PREPARATOIRE AVENIR POUSSIN	12H15-14H	SECTION SPORTIVE		10H45-11H45	SOL SPIN HYPE	17H45-18H45	GALA INITIATION CONFIRME
17H30-18H30	SOL PREPARATOIRE AVENIR	SOL BENJAMIN	13H15-14H15	GALA INTERCLUB & SPIN ICE	18H-18H55	GALA INITIATION CONFIRME		12H-13H30	SOL INTERCLUB & SPIN ICE	18H45-19H45	GALA POUSSIN
18H45-19H45	GALA PREPARATOIRE AVENIR		14H30-15H30	SOL INTERCLUB & SPIN ICE	18H55-20H	GALA COMPETITION		14H-15H	SOL BENJAMIN	19H45-20H45	GALA INTERCLUB & SPIN ICE
19H45-20H45	GALA INTER-REGIONAL		18H-19H	PISCINE COMPETITION & INTER-REGIONAL				14H30-15H30	CROSS FIT COMPETITEURS		
20H45-21H45	GALA SPIN HYPE										

PROGRAMME D'ENTRAINEMENT SUR GLACE - SEMAINE 21

	LUNDI 20/05	MARDI 21/05		MERCREDI 22/05		JEUDI 23/05	VENDREDI 24/05		SAMEDI 25/05		DIMANCHE 26/05
6H-7H	GALA COMPETITION	GALA COMPETITION	6H-7H	GALA COMPETITION	6H-7H	GALA COMPETITION	GALA INTER-REGIONAL	7H-8H15	GALA PREPARATOIRE AVENIR	6H-7H45	GALA INTER-REGIONAL
6H30 - 7H30	GALA BENJAMIN	GALA BENJAMIN	6H30 - 7H30	GALA BENJAMIN	6H30 - 7H30	GALA BENJAMIN	GALA	8H15-9H30	GALA POUSSIN	17H45-18H45	GALA INITIATION CONFIRME
7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	ENTRAINEMENT COMPETITION & BENJAMIN	7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN	7H30-8H30	ENTRAINEMENT COMPETITION & BENJAMIN		14H30-15H30	CROSS FIT COMPETITEURS	18H45-19H45	GALA POUSSIN
12H15-14H	COMPETITION BENJAMIN INTER-REGIONAL AVENIR PREPARATOIRE	SECTION SPORTIVE	12H15-13H15	GALA PREPARATOIRE AVENIR POUSSIN	12H15-14H	SECTION SPORTIVE				19H45-20H45	GALA INTERCLUB & SPIN ICE
17H30-18H30	SOL COMPETITION	SOL BENJAMIN	13H15-14H15	GALA INTERCLUB & SPIN ICE	18H-18H55	GALA INITIATION CONFIRME					
18H45-19H45	GALA COMPETITION		14H30-15H30	SOL INTERCLUB & SPIN ICE	18H55-20H	GALA COMPETITION					
19H45-20H45	GALA INTER-REGIONAL		18H-19H	PISCINE COMPETITION & INTER-REGIONAL							
20H45-21H45	GALA SPIN HYPE										