

PLANNING ENTRAINEMENTS EQUIPES RAS JODOIGNE										
	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	S	H	S	H	S	H	S	H	S	H
EQUIPES										
D3 Nat			20.00-22.00 Hr				20.00-22.00 Hr			***
P3					20.00-22.00 Hr				20.00-22.00 Hr	
Gardiens	17.15-19.45 Hr									
Dames P2	20.00-22.00 Hr					20.00-22.00 Hr				
Dames D2 IP	20.00-22.00 Hr								20.15-22.00 Hr	
Filles "J"					17.30-18.30 Hr					
SCJ **		20.00-22.00 Hr			20.15-22.00 Hr					
U19					18.45-20.15 Hr				18.45-20.15 Hr	
U17 A				18.45-19.55 Hr			18.45-19.55 Hr			
U17 B				18.45-19.55 Hr			18.45-19.55 Hr			
U16			18.45-19.55 Hr		18.45-20.00 Hr			18.45-19.55 Hr		
U15			18.45-19.55 Hr					18.45-19.55 Hr		
U14 A	18.30-19.45 Hr				Prépa Attaquants	18.30-19.45 Hr				
U14 B	18.30-19.45 Hr				Attaquants u13-u17	18.30-19.45 Hr				
U13 A			17.30-18.45 Hr		14.00-17.00 HR			17.30-18.45 Hr		
U13 B			17.30-18.45 Hr					17.30-18.45 Hr		
U12			17.30-18.45 Hr					17.30-18.45 Hr		
U11 A				17.30-18.45 Hr			17.30-18.45 Hr			
U11 B				17.30-18.45 Hr			17.30-18.45 Hr			
U 10 A				17.30-18.45 Hr			17.30-18.45 Hr			
U10 B				17.30-18.45 Hr			17.30-18.45 Hr			
U 10 C				17.30-18.45 Hr			17.30-18.45 Hr			
U 9					17.30-18.30 Hr				17.30-18.30 Hr	
U 8					17.30-18.30 Hr				17.30-18.30 Hr	
U 7					17.30-18.30 Hr				17.30-18.30 Hr	
U 6					17.30-18.30 Hr				17.30-18.30 Hr	
CG			17.30-18.45 Hr				17.30-18.45 Hr			

\*\* 1 seul entrainement semaine à partir 01/10/24 - TBC

\*\*\* TH libre le vendredi soir !!