

## Planning des entraînements 2023-2024 jusque Noël (fin travaux Némée)

|                 |                    |                          |                           |                             |                            |                            |                         |                |
|-----------------|--------------------|--------------------------|---------------------------|-----------------------------|----------------------------|----------------------------|-------------------------|----------------|
| <b>lundi</b>    | St Samson / Rance  |                          |                           |                             |                            |                            | 18h – 19h30 Sandra      |                |
|                 |                    |                          |                           |                             |                            |                            | U13 M1                  |                |
| <b>mardi</b>    | St Samson / Rance  |                          |                           |                             |                            |                            | 18h – 19h30 Stève       |                |
|                 | Salle Houdet Dinan | 12h – 13h30 Gaetan & Luc |                           | 17h30 – 19h Gaetan & Luc    |                            | 19h – 20h30 Gaetan & Luc   |                         |                |
|                 |                    | section sportive         |                           | U15 M                       |                            | U17M                       |                         |                |
| <b>mercredi</b> | St Samson / Rance  | 10h30 – 12h Luc & Luther | 14h – 15h30 Gaetan & Luc  | 15h30 – 17h Gaetan & Luther | 17h – 18h30 Gaetan & Luc   | 18h30 – 20h Gaetan & Luc   | 20h – 22h Luther        |                |
|                 |                    | U9 F & U9 M              | U11M                      | U13F                        | U15 F                      | U18 F                      | Loisirs                 |                |
|                 | Salle Houdet Dinan |                          |                           |                             |                            |                            | 20h – 22h Luc           | U20            |
|                 | Salle Houdet Dinan |                          |                           |                             |                            |                            | 20h – 22h Luc           | Seniors 2 et 3 |
| <b>jeudi</b>    | St Samson / Rance  |                          |                           |                             |                            |                            | 18h – 19h30 Stève       |                |
|                 |                    |                          |                           |                             |                            |                            | U13 M                   |                |
|                 | Salle Houdet Dinan |                          |                           |                             |                            |                            | 20h – 22h Gaetan        | U17 M1         |
|                 | Salle Houdet Dinan |                          |                           |                             |                            |                            | 20h – 22h Gaetan        | Séniors 1      |
| <b>vendredi</b> | St Samson / Rance  |                          |                           |                             | 18h – 19h30 Stève & Luther | 19h30 – 20H30 Luc & Luther | 20h30 – 22H Gaetan/Luc? |                |
|                 |                    |                          |                           |                             | U13 F1                     | 3*3                        | U18 F1 – seniors F      |                |
|                 | Salle Houdet Dinan | 12h – 13h30 Gaetan & Luc |                           |                             |                            |                            | ?                       |                |
|                 | Lycée la Fontaine  |                          |                           | 18h – 19h30 Gaetan & Luc    |                            |                            |                         |                |
|                 |                    |                          |                           | U15 F1-U15M1                |                            |                            |                         |                |
| <b>samedi</b>   |                    | semaine paire            |                           |                             |                            |                            |                         |                |
|                 | St Samson / Rance  | 9h30– 11h Stève & Luc    | 11h15 -12h Stève & Luther |                             |                            |                            |                         |                |
|                 |                    | Baby U7                  | Micro basket U5           |                             |                            |                            |                         |                |