

Planning des entraînements Saison 2024-2025

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|-------------------------------|---------------------|-----------------------|-------------------------|----------------------------|---------------------------------------|-------------|--------------------------------|--------------------------------|----------------------|--------------|--------------------------|
| lundi | St Samson Sur Rance | | | | | | | 18h00 – 19h30 | | | |
| | | | | | | | | 3* 3 Yann + Miguel | | | |
| mardi | St Samson Sur Rance | | | | | | | 18h – 19h30 | | | |
| | | Dinan salle Houdet | | | | | 12h – 13h30 | Sandra Section Sportive LFE | 17h30 – 19h | 19h – 20h30 | |
| | | | | | | | Sandra + Nahel U11M1 /U13M1 | | Luc + Miguel U18M | | |
| mercredi | St Samson Sur Rance | | | 10h00 – 11h30 | | | 14h00 – 15h30 | 15h30 – 17h | 17h – 18h30 | 18h30 – 20h | 20h – 22h |
| | | Dinan salle Houdet | U9 Luc + Miguel | | | | U13F Luc | U13 M Luc | U15 F Luc | U18 F 1-2 | Loisirs Paul + Miguel |
| | | | Dinan salle Houdet 2 | | | 13h30 – 15h | 15h – 16h30 | Stéphanie + Miguel | | | |
| | | | | U11 F Stéphanie | U15 M Olivier | | | | | SM Luc | |
| | | | | 13h30 – 15h | 15h – 16h30 | | | | | 20h – 22h | |
| | | | | Myrtille + Miguel U11 M | U15 M Miguel | | | | | SF Luc | |
| jeudi | St Samson Sur Rance | | | | | | | 18h – 19h30 | | | |
| | | Dinan salle Houdet | | | | | | | U15 M1 | Luc | |
| | | | Dinan salle Houdet 2 | | | | | | | Stève | 20h – 21h30 |
| | | | | | | | | | U18 M1 élargie | | |
| | | | | | | | 20h00 – 22h | | | | |
| | | | | | | | SM | | | | |
| vendredi | St Samson Sur Rance | | | | | | | Stève | Julien | Luc + Julien | |
| | | Dinan salle Houdet | | | | | 18h – 19h30 | 19h30 – 20h30 | 20h30 – 22h | | |
| | | | | | | | U11 F | PERF | SF1- U18 F1 | | |
| Lycée La Fontaine des Eaux | | | | | Sandra + Olivier + Luc 12h – 13h30 | | | | | | |
| | | | | Section Sportive LFE | | | | Luc + Miguel | | | |
| | | | | | | | | 18h – 19h30 | | | |
| | | | | | | | | U18 M3 + U15 F | | | |
| samedi | St Samson Sur Rance | 9h30 – 11h00 | | 11h15 -12h30 semaine PAIRE | | | | | | | |
| | | Baby-Basket U7 | | Micro-Basket U5 | | | | | | | |
| | | Stève et Miguel | | Stève, Marie T et Miguel | | | | | | | |