

PLANNING SEMAINE SYNCHRO HORS VACANCES SCOLAIRE

2023 - 2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					NAONED ICE N GLACE Danse 8h45 - 9h40 (1h)	
					LEO N'ICE N GLACE Danse 9h40 - 10h35 (1h)	
					LEO N'ICE N SOL Synchro Fred 10h45-11h45 (1h)	
LEO N'ICE N ART 18h - 19h (1h)					NAONED ICE R GLACE Synchro 12h45 -14h45 (2h)	
NAONED N ART 18h45-19h45 (1h)		LEO N'ICE R SOL PPG Fred 17h - 18h (1h)				
		LEO N'ICE R GLACE Synchro 18h15 - 19h45 (1h30)				
NAONED N SOL PPG/Synchro 20h-21h (1h)		LEONED ICE R SOL Synchro Fred 18h30 - 19h30 (1h)		LEONED ICE R SOL PPG Fred 20h - 21h (1h)		
LEONED ICE ART 20h - 21h (1h)		LEONED ICE R GLACE Synchro + Danse 19h45 - 21h10 (1h30)		LEONED ICE R GLACE Danse Fred 21h30 - 22h30 (1h)		

LEO N'ICE	1h danse	1h30 glace synchro	1h	PPO (HG)	1h ART	1h sol synchro	5h30
NAONED ICE	1h danse	2h glace synchro	1h	PPO (HG)	1h ART	1h sol synchro	5h
LEONED ICE	1h danse	1h30 glace synchro	1h	PPO (HG)	1h ART	1h sol synchro	5h30

gainage+étirements+cardio

Voir si leoned peut sol 18h45 - 19h45