Plan des entraînements spécifiques 2023-2024

Jour	Horaire	INS		Geesseknäppchen		Coque		Hall Police	Hall Stade	Arquebusiers	Howald	Kockelscheuer	Boy Konen	Golf Grand-Ducal	Dojo Cents	EIMAB	Dojo Lintgen
Lundi	8-10h											FELUBA					
	10h-11h40											FELUBA					
Mardi	8-10h	FLGym	salle gym			FLTri	piscine					FELUBA					
		FLBB U20m	INS 2 (1/2)			FLA	Arena										
		FLH U18m	1/3			FLAM Judo	SAM										
						FELUBA	musculation										
						FLNS	piscine										
	10-12h	FLGym	salle gym			FLTT	TT3										
Mercredi	8-10h	FLBB U14m	INS 2	FLTri	piscine	FLTT	TT2 + TT3	FLBB U16m U18m	FLH U18m U20m	FLT		FELUBA	FLR	FLG	FLAM TKD	FLBB U14w U16w	FLAM Kata
		FLH U15m U16m	INS 1	FSCL	piscine + piste	FLH U14w U16w U18w	gymnase					ULP					
		FLAM Kumite	Dojo			FLNS	piscine										
		FLGym R	fort			FLVB	TT1										
		FLGym A	salle gym			FLA	Arena										
		FLBB U18w U20w U20m	musculation			FLAM Judo	SAM										
		FSCL	INS														
		FLFm	terrain														
		FLFw	terr. synth.														
Jeudi	8-10h																
	11-12h25	FLGym	salle gym			FLTT	TT3										FLAM Kata
		FSCL	route			FLA	Arena										
		FLBB U18w U20w	INS 2 (1/2)			FLAM Judo	SAM										
		FLTri	route			FELUBA	Gymnase 3										
		FLHm	2/3														
	12h15-13h30					FLNS	musculation										
	13h30-15h00					FLAM Judo	SAM										
Vendredi	8-10h	FLAM Kumite	Dojo	FLTri	Piscine	FLBB U16w	gymnase 1+2		FLH U17m U18m		FLT		FLR		FLAM TKD		FLAM Kata
		FLGym GR	fort			FELUBA	musculation										
		FLGym GA	salle gym			FLTT	TT3										
		FLFm	terrain			FLNS	piscine										
		FLFw	terr. synth.			FLVB	TT1										
		FLBB U16m U18m	INS 1			FLAM-Judo	SAM										
		FLH U14m U16m	nouvelle salle			FLH	TT2										
		FLA	musculation			FLHw	gymnase 3										
		FSCL	route			FLBB U18w U20m	musculation										