

Plan des entraînements spécifiques 2025-2026



| Jour     | Horaire     | INS                      |                  | Geesseknäppchen |                  | Coque         |                        | Hall Police | Hall Stade | Hall Cents | Arquebusiers | Howald | Kockelscheuer | Dojo Bonnevoie | Golf Grand-Ducal | Dojo Cents | Dojo Hall Victor Hugo | Bloc House | CrossFit Hamm | CNE Limpertsberg | EIMAB     |
|----------|-------------|--------------------------|------------------|-----------------|------------------|---------------|------------------------|-------------|------------|------------|--------------|--------|---------------|----------------|------------------|------------|-----------------------|------------|---------------|------------------|-----------|
| Lundi    | 8-10h       | FLGym                    | salle gym        |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          | 15h00       |                          |                  |                 |                  |               |                        |             |            |            |              |        | ULP           |                |                  |            |                       |            |               |                  |           |
| Mardi    | 8-10h       | FLGym                    | salle gym        |                 |                  | FLTri         | piscine                |             |            |            |              |        | FELUBA        |                |                  |            |                       |            |               |                  |           |
|          |             | FLA                      | CNA              |                 |                  | FLA           | Arena                  |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFm                     | terrain CNA      |                 |                  | FLJudo        | SAM                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLBB U18 U20             | INS 1 (1/2)      |                 |                  | FELUBA        | musculation            |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             |                          |                  |                 |                  | FLA           |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             |                          |                  |                 |                  | FLTt          | TT3                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             |                          |                  |                 |                  | FLNS          | piscine                |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          | 10-11h30    |                          |                  |                 |                  | FELUBA        | gymnase 1 musculation  |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
| Mercredi | 8-10h       | Kinés SLL                | INS 2            | FLTri           | piscine          | FLTt          | TT2 + TT3              | FLBB U14m   | FLH U18m   | FLBB U16m  | FLT          |        | FELUBA        | FLR            | FLG              | LTF        | FLK Kata              | FLERA      |               | FLE              | FLBB U16w |
|          |             | FLH U16m                 | INS 1            | FSCL            | piscine et piste | FLH U15w U17w | gymnase                |             |            |            |              |        | ULP           |                |                  |            |                       |            |               |                  |           |
|          |             | FLK Kumite > 5e          | Dojo             |                 |                  | FLNS + FLTri  | piscine (5+1 couloirs) |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLGym GR                 | fort             |                 |                  | FLVB          | TT1                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLGym GA+TG              | salle gym        |                 |                  | FLA           | Arena                  |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLBB U18w U20w U18m U20m | musculation      |                 |                  | FLJudo        | SAM                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLS                      | musculation      |                 |                  | FLA           | musculation            |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FSCL                     | INS              |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFm                     | terrain CNA      |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLA                      | CNA              |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFw                     | terr. synth. SLL |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          | 10-11h30    | FLBB U14w                | INS 2            |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLH U14m                 | INS 1            |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLK Kumite 7e + 6e       | Dojo             |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFm 7e + 6e             | terrain CNA      |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFw 7e + 6e             | terr. synth. SLL |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
| Jeudi    | 11-12h25    | FLGym                    | salle gym        |                 |                  | FLTt          | TT3                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FSCL                     | route            |                 |                  | FLA           | Arena                  |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLBB U18w U20w           | INS 2 (1/2)      |                 |                  | FLJudo        | SAM                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLTri                    | route            |                 |                  | FELUBA        | Gymnase 3              |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLF                      | terrain CNA      |                 |                  | FLA           | musculation            |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLA                      | CNA              |                 |                  |               |                        |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          | 12h15-13h15 |                          |                  |                 |                  | FLNS          | musculation            |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          | 13h30-15h00 |                          |                  |                 |                  | FLTri         | piscine                |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
| Vendredi | 8-10h       | FLK Kumite+Kata          | Dojo             | FLTri           | piscine          | FLBB U16w     | gymnase 1+2            |             | FLH U18m   |            |              | FLT    | ULP           | FLR            | FLG              | LTF        |                       | FLERA      | FLR           |                  |           |
|          |             | FLGym GR                 | fort             |                 |                  | FELUBA        | musculation            |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLGym GA                 | salle gym        |                 |                  | FLTt          | TT3                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFm                     | terrain CNA      |                 |                  | FLNS          | piscine                |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLFw                     | terr. synth. SLL |                 |                  | FLVB          | TT1                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLBB U16m U18m           | INS 1            |                 |                  | FLJudo        | SAM                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLH U16m                 | INS 2            |                 |                  | FLHw          | TT2                    |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLA                      | musculation      |                 |                  |               | gymnase 3              |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FSCL                     | route            |                 |                  | FLBB U18w     | musculation            |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          |             | FLA                      | CNA              |                 |                  | FLA           | Arena                  |             |            |            |              |        |               |                |                  |            |                       |            |               |                  |           |
|          | 14h00       |                          |                  |                 |                  |               |                        |             |            |            |              |        | ULP           |                |                  |            |                       |            |               |                  |           |