

Plan des entraînements spécifiques 2024-2025



Jour	Horaire	INS		Geesseknäppchen		Coque		Hall Police	Hall Stade	Hall Cents	Arquebusiers	Howald	Kockelscheuer	Boy Konen	Golf Grand-Ducal	Dojo LGL	Dojo Cents	Bloc House	CNE Limpertsberg	EIMAB	
Lundi	8-10h	FLGym	salle gym																		
	15h00												ULP								
Mardi	8-10h	FLGym	salle gym			FLTri	piscine						FELUBA								
		FLA	CNA ¹			FLA	Arena ²														
		FLFm	terrain CNA			FLJudo	SAM														
						FELUBA	musculation														
						FLA															
						FLTT	TT3														
					FLNS	piscine															
	10-11h30					FELUBA	gymnase 1 musculation														
Mercredi	8-10h	FLBB U16m	INS 2	FLTri	piscine	FLTT	TT2 + TT3	FLBB U14m	FLH U18m	FLBB U20m U18m	FLT		FELUBA	FLR	FLG	FLK Kata	LTF	FLERA	FLE	FLBB U14w U16w	
		FLH U14m U16m	INS 1	FSCL	piscine ou piste	FLH U15w U17w	gymnase						ULP								
		FLK Kumite	Dojo			FLNS	piscine														
		FLGym GR	fort			FLVB	TT1														
		FLGym GA+TG	salle gym			FLA	Arena														
		FLBB U18w U20w	musculation			FLJudo	SAM														
		FSCL	INS			FLA	musculation														
		FLFm	terrain CNA																		
		FLA	CNA ¹																		
FLFw	terr. synth. SLL																				
Jeudi	11-12h25	FLGym	salle gym			FLTT	TT3										LTF ⁵				
		FSCL	route			FLA	Arena														
		FLBB U18w U20w	INS 2 (1/2)			FLJudo	SAM														
		FLTri	route			FELUBA	Gymnase 3														
		FLF	terrain CNA			FLA	musculation ³														
		CNA ¹																			
	12h15-13h15					FLNS	musculation														
13h30-15h00					FLTri	piscine															
13h30-15h30					FLNS	piscine															
13h30-15h00					FLJudo	SAM															
Vendredi	8-10h	FLK Kumite+Kata	Dojo	FLTri	piscine	FLBB U16w	gymnase 1+2		FLH U18m			FLT		FLR			LTF	FLERA			
		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 U20m	musculation														
	FLA	CNA ¹			FLA	Arena ⁴															
14h00												ULP									