

## PLANNING SEMAINE SYNCHRO HORS VACANCES SCOLAIRE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					<b>NAONED ICE N</b> solo glace 8h45 - 9h40 (1h)	
					<b>LEO N'ICE N</b> solo glace 9h40 - 10h35 (1h)	
		<b>NAONED ICE R</b> Programme PPO (Fred) 18h - 19h30 (1h30)			<b>NAONED ICE R</b> synchro glace 12h45 -14h45 (2h)	
		<b>LEO N'ICE R</b> programme PPO (Fred) 17h - 18h (1h)				
		<b>LEO N'ICE R</b> synchro glace 18h15 - 19h45 (1h30)				
Arrivé 19h15 Ech+Abdo <b>LEONED ICE N</b> solo glace 20h - 21h (1h)		Arriver à 19h Ech+Abdo  <b>LEONED ICE + (JUNIOR) R</b> synchro glace 19h45 - 21h10 (1h30)		<b>LEONED ICE R</b> programme PPO (Fred) Abdo + souplesse 19h20h 20h-21h (2h)		
				<b>LEONED ICE R</b> solo glace 21h30 - 22h30 (1h)		

<b>LEO N'ICE</b>	1h glace solo		1h30 glace synchro	1h PPO (HG)		3h30
<b>NAONED ICE</b>	1h glace solo		2h glace synchro	1h30 PPO (HG)	1h PPG (HG)	5h30
<b>LEONED ICE</b>	2h glace solo		1h30 glace synchro	1h PPO (HG)	1h PPG (HG)	5h30