

| | LUNDI | | | MARDI | | | MERCREDI | | | JEUDI | | | VENREDI | | SAMEDI | DIMANCHE |
|-----|------------|--------------------------|---------|-----------------------|------------------------------|------------|-----------------------------------|-------------------|------------|--|------------|------------|--------------------------|---|----------------------|----------|
| | HORS GLACE | GRANDE | LUDIQUÉ | HORS GLACE | GRANDE | HORS GLACE | GRANDE | LUDIQUÉ/HG | HORS GLACE | GRANDE | HG LUDIQUÉ | HORS GLACE | GRANDE | SAMEDI | DIMANCHE | |
| 8H | | 8H00 Pôle espoir U18 | | | 8H00 CFPP U21 | | 8H00 Pôle espoir U18 | | | 8H00 Pôle espoir U18 | | | 8H00 Pôle espoir U18 | | | |
| | | Glace Lycée | | | Glace ENPP Post Bac | | Glace Lycée | | | Glace Lycée | | | Glace Lycée | | | |
| 9H | | 9H15 | | | 9H15 | | 9H15 | | | 9H15 | | | 9H15 | | | |
| | | | | 9H15 HG 9H45 CHN | | | Surfaçage 9h30 Glace U11 | | | | | | | | | |
| 10H | | | | | 9h45 trajet retour 10h15 | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| 11H | | 10h45 ETOILE NOIRE | | | 10h45 ETOILE NOIRE | | 11h00 Glace U9 | | | 10h45 ETOILE NOIRE | | | 10h45 ETOILE NOIRE | 11H00 Match ou Glace | | |
| | | Glace 12H00 | | | Glace 12H00 | | Glace 12H00 | | | Glace 12H00 | | | Glace 12H00 | | | |
| 12H | | | | | 12h15 trajet aller 12h45 | | | | | | | | | LOISIRS A + B + funs Surfaçage 12h30 Match ou Glace | 12h00 MATCH 1 | |
| 13H | | | | | 13h00 Lycée | | | 13h00 Glace U7 | | 13H00 CFPP U21 | | | | | 13h30 | |
| | | | | | Hors Glace 14h00 | | | 13h45 | | Glace ENPP Post Bac | | | | LOISIRS A + B + funs | 13h45 MATCH 2 | |
| 14H | | | | | 14H15 | | | | | 14H15 | | | | | | |
| | | | | 14h15 HG 14H45 CHN | | | | | | 14h00 4ème, 3ème Hors Glace 15h00 | | | | | | |
| 15H | | | | | 14h45 trajet retour 15h15 | | | | | | | | | | 15h30 | |
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| 16H | | | | | | | | | | | | | | | | |
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| 17H | | | | | | | 16h30 U13/U15 HG 17h30 | | | | | | | | | |
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| 18H | | | | | | | | | | | | | | | | |
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| 19H | | | | | | | | | | | | | | | | |
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| 20H | | | | | | | | | | | | | | | | |
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| 21H | | | | | | | | | | | | | | | | |
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| 22H | | | | | | | | | | | | | | | | |
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| 23H | | | | | | | | | | | | | | | | |
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Entraînement
à gardiens
U7 à U11
17h30
à 18h30

Suivi
Scolaire
CHN Lycée
18h45
à 19h45

Entraînement
spécial gardien
tournoi
U13/U15/U17/U2
0
19h00

Suivi
Scolaire
CHN
College
14h00

17h20 echauff
ou 18h00

MATCH 1

MATCH 2