AE PENYA ESPLUGUES

PLA DE PLUJA

ENTRENAMENTS 2016-17

HORA/PISTA	DILLUNS	DIMARTS						DIJOUS						DIVENDRES		HORA/PISTA
	GROGA	GROGA			L.ANGLADA	I.MARTÍ	MALLOLA	BLUME	BLAVA	CANVI	BLUME	L.ANGLADA	I.MARTÍ	MALLOLA	BLAVA	
16:00-17:00																16:00-17:00
17,00-17,15							PREBENJ A									17,00-17,15
17.15-17.30		ESCOLETA	PREBENJ B + C	BENJAMI B					ESCOLETA + PREBENJAMINS A+B	BENJAMI B						17.15-17.30
17.30-17.45																17.30-17.45
17,45-18,00																17,45-18,00
18,00-18,15							ALEVI B									18,00-18,15
18,15-18,30		ALEVI A + BENJAMI A	BASE FEM A+B	INFANTIL A		BENJAMI C			PREB C / ALEVÍ A	CADET B			ALEVI B			18,15-18,30
18,30-18,45														BENJAMI C	PORTERS 1 / BENJAMI A	18,30-18,45
18,45-19,00																18,45-19,00
19,00-19,15												BASE FEM A+B				19,00-19,15
19,15-19,30		INFANTIL B+C	CADET A+B	CAD JUV B						INFANTIL B+C						19,15-19,30
19,30-19,45															PORTERS 2 / INFANTIL A	19,30-19,45
19,45-20,00																19,45-20,00
20,00-20,15												CAD JUV FEM B				20,00-20,15
20,15-20,30		JUVENIL A	JUVENIL B	CAD-JUV FEM A						JUVENIL A	CAD-JUV FEM A					20,15-20,30
20,30-20,45														SENIOR FEM B	CADET A	20,30-20,45
20,45-21,00																20,45-21,00
21,00-21,15								SENIOR FEM B	SENIOR FEM A							21,00-21,15
21,15-21,30		SENIOR FEM A								SENIOR MASC B						21,15-21,30
21,30-21,45															JUVENIL B	21,30-21,45
21,45-22,00																21,45-22,00
22,00-22,15									SENIOR MASC A							22,00-22,15
22,15-22,30	SENIOR MASC A	SENIOR MASC B														22,15-22,30
22,30-22,45																22,30-22,45
22,45-23,00																22,45-23,00
23,00-23,15																23,00-23,15
23,15-23,30																23,15-23,30
23,30-23,45																23,30-23,45