

## APERÇU DES ACTIVITÉS DE GROUPE OFFERTES EN SALLE D'ENTRAÎNEMENT - AUTOMNE 2024

DU 3 SEPT AU 20 DÉC

LUNDI		MARDI	MERCREDI		JEUDI	VENDREDI
		SOCCER (M) 8 – 9 h	HOCKEY (F) 8 h 15 – 9 h 15			
		SOCCER (F) 9 – 10 h			SOCCER (M) 9 – 10 h	
		HOCKEY (F) 10 h 15 – 11 h			SOCCER (F) 10 – 11 h	
HOCKEY (M) 11 – 12 h		HOCKEY (M) 11 – 12 h	HOCKEY (M) 11 – 12 h			BASKETBALL (F) 11 h 45 – 12 h 45 (oct)
HOCKEY (M) 12 – 13 h	HIIT 12 h 15 – 12 h 45	HALTÉROPHILIE 40+ 12 – 13 h	BASKETBALL (F) 12 – 13 h (oct)	HIIT 12 h 15 – 12 h 45	HALTÉROPHILIE 40+ 12 – 13 h	
SOCCER (M) les samedis 10 – 11 h, le 14, 21, 28 sept et 5, 19 oct						
		BASKETBALL (M) 13 h – 13 h 45	BASKETBALL (F) 13 – 14 h (sept)		BASKETBALL (M) 13 h – 13 h 45	BASKETBALL (F) 13 h 30 – 14 h 30 (sept)
BASKETBALL (F) 2 h 15 – 15 h 15						
BASKETBALL (M) 15 h 30 – 16 h 15		BASKETBALL (F) 15 h 30 – 16 h 30	BASKETBALL (M) 15 – 15 h 45			BASKETBALL (M) 15 h 15 – 16 h
RUGBY (F) Étirement 16 h 15 – 17 h		RUGBY (F) 16 h 30 – 18	RUGBY (M) 16 h 15 – 18 h		RUGBY (M) 16 h 15 – 18 h	
RUGBY (M) Étirement 17 – 17 h 45						
FOOTBALL 19 – 20 h		FOOTBALL 19 – 20 h	FOOTBALL 19 – 20 h	HIIT 18 h 30 – 19 h 30		HIIT 18 h 30 – 19 h 30