

PLANNING ENTRAINEMENT- Minot

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
06:30							
07:00							
08:00							
09:00							
10:00						Bike and Run Piscine Lothaire 09:30-11:00	
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00	Natation 17:15-18:00	Natation 17:15-18:00		Natation 17:15-18:00	Natation 17:15-18:00		
19:00	Natation 18:15-19:00	Natation 18:15-19:00		Natation 18:15-19:00	Natation 18:15-19:00		
20:00							
21:00							
21:30							