

jours et horaires – Piscine des Aretes						
	lundi	mardi	mercredi	jeudi	vendredi	samedi
	Aretes	Aretes	Aretes	Aretes	Aretes	Aretes
						9h-10h
						EN2/EN3/EN4
PPG						9h30-10h
Natation						10h-12h
						ELITE
						COMPETITION
			12h45-14h30			ESPOIR A et B
			musculation			precompetition
			salle escrime			
			ELITE			
			COMPETITION			
PPG	16h30-16h45			16h30-16h45		
Natation	16h45 – 17h45			16h45 – 17h45		
	perfectionnement			perfectionnement		
	precompetition			precompetition		
PPG	17h30-18h	17h30-18h		17h30-18h	17h30-18h	
Natation	18h-19h45	18h-19h45		18h-19h45	18h-19h45	
	ELITE	ELITE		ELITE	ELITE	
	COMPETITION	COMPETITION		COMPETITION	COMPETITION	
	ESPOIR A	ESPOIR A		ESPOIR A	ESPOIR A	
	ESPOIR B	ESPOIR B		ESPOIR B	ESPOIR B	
PPG	19h30-20h	19h30-20h		19h30-20h	19h30-20h	
Natation	20h-21h15	20h-21h15		20h-21h15	20h-21h15	
	MASTER compet	TRIATHLON		MASTER compet	TRIATHLON	
	TRIATHLON	JUNIOR		MASTER EDN	MASTER compet	
		MASTER EDN			JUNIOR	
					MASTER EDN	