



JUNIOR 1



****Pour la période scolaire, nous nous adapterons au meilleur de nos capacités à votre horaire. Il sera possible de joindre l'horaire d'un groupe différent de votre groupe régulier****

		LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI
1	7H45	GYM	7H45	GYM	8H	ACTIVE RECOVERY	7H45	GYM	7H45	GYM
	9H40	ICE					9H40	ICE		
2	7H45	GYM	7H45	GYM	8H	ACTIVE RECOVERY	7H45	GYM	7H45	GYM
			9H40	ICE					9H40	ICE
3	7H45	GYM	7H45	GYM	8H	ACTIVE RECOVERY	7H45	GYM	7H45	GYM
			9H40	ICE			9H40	ICE		
4	7H45	GYM	7H45	GYM	8H	ACTIVE RECOVERY	7H45	GYM	7H45	GYM
			9H40	ICE			9H40	ICE		
5	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		
6	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		
7	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		
8	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		
9	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		
10	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		
11	8H	GYM	8H	GYM	8H	ACTIVE RECOVERY	8H	GYM	8H	GYM
	10H25	ICE	10H30	ICE			10H30	ICE		



JUNIOR 2



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		LUNDI		MARDI		MERCREDI		JEUDI		VENREDI
1	8H30	ICE	10H15	GYM	9H30	ACTIVE RECOVERY	8H30	ICE	10H15	GYM
	10H15	GYM					10H15	GYM		
2	10H15	GYM	8H30	ICE	9H30	ACTIVE RECOVERY	10H15	GYM	8H30	ICE
			10H15	GYM					10H15	GYM
3	10H15	GYM	8H30	ICE	9H30	ACTIVE RECOVERY	8H30	ICE	10H15	GYM
			10H15	GYM			10H15	GYM		
4	10H15	GYM	8H30	ICE	9H30	ACTIVE RECOVERY	8H30	ICE	10H15	GYM
			10H15	GYM			10H15	GYM		
5	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		
6	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		
7	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		
8	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		
9	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		
10	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		
11	9H20	ICE	9H20	ICE	9H30	ACTIVE RECOVERY	9H20	ICE	11H	GYM
	11H	GYM	11H	GYM			11H	GYM		