

STAGE DE NOEL 2015

•Planning

groupe	Adultes	N/RJ	RA/C2(+Kenza)	C1	PRE-COMPET + Elsa + Aelyne
Lundi 21/12	12h45/13h45 glace	8h45/9h45 sauts Marie 9h45/10h45 patinage/pirouettes (DEBORAH) 11h/11h45 gym MF 12h picnic 12h45/13h40 glace	8h45/9h45 sauts (DEBORAH) 9h45/10h45 patinage/pirouettes Marie 11h/11h45 gym (DEBORAH)	8h45/9h45 sauts (DEBORAH) 9h45/10h45 patinage/pirouettes Marie 11h/11h45 gym (DEBORAH) 12h45/13h45 MANON	9h45/10h45 patinage/pirouettes (Hlene) 11h/11h45 gym(Hlene) 12h picnic 12h45/13H45 MANON 13H45/14h45 MANON
Mardi 22/12	12h45/13h45 glace	8h45/9h45 sauts Marie 9h45/10h45 patinage/pirouettes (DEBORAH) 11h/11h45 gym MF 12h picnic 12h45/13h45 glace	8h45/9h45 sauts (DEBORAH) 9h45/10h45 patinage/pirouettes Marie 11h/11h45 gym (DEBORAH)	8h45/9h45 sauts Deborah 9h45/10h45 patinage/pirouettes Marie 11h/11h45 gym (DEBORAH) 12h45/13h45 MANON	9h45/10h45 patinage/pirouettes(Hlene) 11h/11h45 gym(Hlene) 12h picnic 12h45/13H45 MANON 13H45/14h45 MANON
Mercredi 23/12	12h45/13h45 glace	8h45/11h glace 11h15/11h45 étirements MF	8h45/11h glace 11h15/11h45 étirements (DEBORAH) 11h45 picnic 12h30/13h45 glace	8h45/11h glace 11h15/11h45 étirements (DEBORAH) 11h45 picnic 12h30/13h45 MANON	10h/11h glace (Hlene) 11h15 étirements (Hlene) 11h45 picnic 12h45/13H45 MANON 13H45/14h45 MANON
Jeudi 24/12	Joyeux Noel !	9h/11h50 glace 12h/12h20 étirements	9h/11h50 glace 12h/12h20 étirements	12h/13H MANON	12h/13H MANON 13H/14H MANON

		(seules) Joyeux Noel !	(seules) Joyeux Noel !	Joyeux Noel !	Joyeux Noel !
Samedi 26/12	8h45/10h45 glace	8h45/10h45 glace + 15mn étirements MF	8h45/10h45 glace + 15mn étirements MF	11h/11h45 gym (DEBORAH) 12h picnic 12h45/14h45 glace	11h/11h45 gym (DEBORAH) 12h picnic 12h45/14h45 glace