

<b>S2 11/09 au 15/09</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Proprio	RM			EPS PMA
			EPS PMA		EPS PMA
			AS HAND	Vitesse/plio	
			AS HAND	Vitesse/plio	

PROGRAMMATION 4°

<b>S3 18/09 au 22/09</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Vitesse Plio	RM	SKI	SKI	SKI
			SKI	SKI	SKI
			SKI	SKI	SKI
			SKI	SKI	SKI

PROGRAMMATION 4°

<b>S4 25/09 au 29/09</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Dissoc	RM			EPS PMA
			EPS PMA		EPS PMA
			AS HAND	Vitesse/plio	
			AS HAND	Vitesse/plio	

PROGRAMMATION 4°

<b>S5 02/10 au 06/10</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Vitesse/Plio	PMA	EPS HAND		EPS HAND
	Etirements		EPS HAND		EPS HAND
			AS HAND	RM /Muscu	
			AS HAND	RM/Muscu	

PROGRAMMATION 4°

<b>S6 09/10 13/10</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	SKI	SKI			EPS HAND
	SKI	SKI	EPS HAND		EPS HAND
	SKI	SKI	AS HAND	Proprio	
	SKI	SKI	AS HAND		

PROGRAMMATION 4°

<b>S7 16/10 au 20/10</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Vitesse/plio		EPS HAND		EPS HAND
	Etirements		EPS HAND		EPS HAND
			AS HAND	RM /Muscu	
			AS HAND	RM/Muscu	

PROGRAMMATION 4°

<b>S10 06/11 au 10/11</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	PMA				EPS GYM
			EPS GYM		EPS GYM
			AS HAND	Vitesse Plio	
			AS HAND	Proprio	

PROGRAMMATION 4°

<b>S11 13/11 au 17/11</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Vitesse/plio	RM	EPS GYM		SKI
	Etirements		EPS GYM		SKI
			AS HAND	RM/Muscu	SKI
			AS HAND	Proprio	SKI

PROGRAMMATION 4°

<b>S12 20/11 au 24/11</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	PMA				EPS GYM
			EPS GYM		EPS GYM
			AS HAND	Vitesse Plio	
			AS HAND	Vitesse Plio	

PROGRAMMATION 4°

<b>S13 27/11 au 01/12</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	Dissoc		EPS GYM	SKI	SKI
			EPS GYM	SKI	SKI
			AS HAND	SKI	SKI
			AS HAND	SKI	SKI

PROGRAMMATION 4°

<b>S14 04/12 au 08/12</b>	lundi	Mardi	Mercredi	Jeudi	Vendredi
	RM				EPS GYM
			EPS GYM		EPS GYM
			AS HAND	PMA	
			AS HAND	PMA	