Planning pour les JA1, JA2, JA3, JA4, LTC

Planning for JA1, JA2, JA3, JA4, LTC

Saison/ Season 2020-2021							
Echauffement/ Warm up	**mins**	**Entrainement sur Glace/ Ice practice**	**Lundis/ Mondays**	**mins**	**Entrainement hors glace / Off ice**		**mins**
	15	16.30 - 17.30	JA1 + JA2	60	17.15 - 18.00	JA3 + JA4	45
17.00 - 17.15	15	17.30 - 18.15	LTC	45	17.45 - 18.30	JA1 + JA2	45
	15	18.15 - 19.00	JA3 + JA4	45	18.30 - 19.15	LTC	45
Echauffement/ Warm up	**mins**	**Entrainement sur Glace/ Ice practice**	**Mardis/ Tuesdays**	**mins**	**Entrainement hors glace / Off ice**		**mins**
6.00 - 6.15	15	6.30 - 7.30	LTC	60			
13.00 - 13.15	15	13.30 - 14.15	Open ice - Components (LTC + JA4 + JA3)	45			
15.30 - 15.45		16.00 - 17.00	JA3	60	16.00 - 16.45	LTC	45
		17.00 - 18.00	LTC	60	17.15 - 18.00	JA3	45
Echauffement/ Warm up	**mins**	**Entrainement sur Glace/ Ice practice**	**Mercredis/ Wednesdays**	**mins**	**Entrainement hors glace / Off ice**		**mins**
6.00 - 6.15	15	6.30 - 7.30	LTC + JA4+ JA3	60			
16.00 - 16.15	15	16.30 - 17.25	LTC + JA4	55	17.40 - 18.25	LTC + JA4	45
16.55 - 17.10	15	17.25 - 18.15	JA1 + JA2	50	18.30 - 19.15	JA1 + JA2	45
Echauffement/ Warm up	**mins**	**Entrainement sur Glace/ Ice practice**	**Jeudis/ Thursdays**	**mins**	**Entrainement hors glace / Off ice**		**mins**
13.00 - 13.15	15	13.30 - 14.15	Open ice - Spins LTC + JA4 + JA3 + JA2 + JA1	45			
13.45 - 14.00	15	14.15- 15.15	JA1 + JA2	60	14.30 - 15.15	JA4 + JA3	45
		15.15- 16.00	*Program ice*	*45*	15.00- 15.45	LTC	45
		16.00 - 17.00	LTC	60			
Echauffement/ Warm up	**mins**	**Entrainement sur Glace/ Ice practice**	**Vendredis/ Fridays**	**mins**	**Entrainement hors glace / Off ice**		**mins**
6.00 - 6.15	15	6.30 - 7.30	LTC + JA4 + JA3	60			
15.30 - 15.45	15	16.00 - 17.00	JA3 + JA4	60	16.15 - 16.45	LTC	30
	15	17.00 - 18.00	LTC	60	17.15 - 18.00	JA3 + JA4	45
Echauffement/ Warm up	**mins**	**Entrainement sur Glace/ Ice practice**	**Samedis/ Saturdays**	**mins**	**Entrainement hors glace / Off ice**		**mins**
7.30 - 7.45		8.00 - 8.55	LTC	55	9.10 - 10.30	Ballet (LTC)	80
9.30 - 9.45		10.00 - 10.45	JA1 + JA2 + JA3	45	11.00 - 11.45	Ballet (JA1 + JA2)	45
		10.45 - 11.30	LTC + JA4	45	11.45 - 12.45	Ballet (JA3+JA4)	60