



PROGRAMMA ALLENAMENTI SETTIMANA 7 SETTEMBRE

SQUADRE	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
Serie B (Garetto, Da Ros, Catalano)	19.30-21.30 PF F&C ©		21.00-23.00 Crespi ©	19.40-21.15 F&C Tenso		17.00 amich Costa M.	10.00 amich. Asteria
Promozione Alfa (2004/..) Sola		21.00-23.00 Crespi Tenso			20.00-21.30 Crespi Tenso		
Promozione Beta (2004/..) Bivona, Tranza	21.00-23.00 Crespi ©	21.00-23.00 Crespi Tenso			21.00-23.00 Crespi ©		
Under 19 (2007/8) Bivona	21.00-23.00 Crespi ©				21.00-23.00 Crespi ©		
Under 17 & 19 Gold (2009/10) Da Ros/Catalano		21.00-23.15 F&C Tenso			21.15-23.15 F&C ©		
Under 17 & 16 Uisp (2010/11) Catalano		19.30-21.00 PF F&C Tenso			19.30/20.15-21.15 F&C Tenso		
Under 14 Gold & U15 (2012/13) Riccardi/Osmetti/Lania	19.30-21.00 Crespi ©		19.30/20.15-21.15 F&C ©		19.30-21.00 Crespi ©		
Under 14 Uisp (2012/13) Lania/Riccardi/Bivona			18.30/19.15-20.15 F&C ©		18.30/19.15-20.15 F&C Tenso		
Under 13 Gold (2013) Riccardi/Osmetti/Bivona	18.00-19.30 Crespi ©				18.00-19.30 Crespi ©		
Under 13 Uisp (2013) Sola/Sotgiu				18.10-19.40 F&C Tenso		14.00-16.00 PF Crespi ©	
Esordienti (2014) Sola/Fiori/Pagliula							
Gazzelle (2015) Sola/Liberali		18.00-19.30 PF F&C Tenso					15.30-17.00 Crespi ©
Gazzelle (2016) Fiori/Lombardi							14.00-15.30 Crespi ©
Libellule (2017/18/19) Sola/Liberali							14.00-15.30 Crespi ©
Aquilotti/Gazzelle (2015/16/17) D'Angelo/Bivona/Pastori							17.00-18.00 Crespi ©
Scoiattoli/Libellule (2018/19) D'Angelo/Bivona/Pastori							18.00-19.00 Crespi ©
Micro Barona (2020/21/22) D'Angelo/Bivona/Pastori							18.00-19.00 Crespi ©