



PROGRAMMA ALLENAMENTI 26/8 - 2/9

SQUADRE	VENERDI'	SABATO	DOMENICA	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
Serie B	19.00-21.00 Crespi ©	18.00-20.00 Crespi ©	18.00-20.00 Crespi ©		19-20/20-21 Pista F&C/F&C ©	19-20/20-21 Pista F&C/F&C ©	19.15-21.15 F&C ©	21.15-23.15 F&C ©
Promozione (annate 2003-00-99..)								21.30-23.00 Crespi ©
Under 19 (annate 2004-05)				19-20/20-21 Pista F&C/F&C ©			19-20/20-21 Pista F&C/F&C T3	20.00-21.30 Crespi ©
Under 19/17 Elitè (annate 2006-7)	18.00-20.00 Crespi ©	17.00-19.00 Crespi ©	17.00-19.00 Crespi ©	18-19/19-20 Pista F&C/F&C ©	18-19/19-20 Pista F&C/F&C ©	18-19/19-20 Pista F&C/F&C ©		19-20/20-21 Pista F&C/F&C ©
Under 15 (annata 2008)				17-18/18-19 Pista F&C/F&C ©	17-18/18-19 Pista F&C/F&C ©	17-18/18-19 Pista F&C/F&C ©		18-19/19-20 Pista F&C/F&C ©
Under 14 (annata 2009)							17-18/18-19 Pista F&C/F&C T3	19-20/20-21 Pista F&C/F&C T3
Under 13 (annata 2010)							18-19/19-20 Pista F&C/F&C T3	18-19/19-20 Pista F&C/F&C T3
Allenamento individuale								
Esordienti (annata 2011)							17-18/18-19 Pista F&C/F&C ©	19.00-20.00 Crespi ©
Gazzelle (annata 2012/13)								18.00-19.00 Crespi ©

Crespi, Via Valvassori Peroni 48
Idroscalo, Via circonv.idroscalo 51, Segrate
Virgilio, Piazza F.lli Bandiera (piano terra)

Forza & Coraggio, Via Gallura 8
Feltrinelli, Via Baravalle (incrocio Via Tabacchi)
Pisacane, Piazza F.lli Bandiera (piano primo)

ITSOS A. Steiner, Via S. Dionigi 36
Pini, Via Tommason Pini 1