

PROGRAMMA ALLENAMENTI STAGIONE 2022-2023

ORARIO	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
	CAMPO A	CAMPO B	CAMPO A	CAMPO B	CAMPO A	CAMPO B	CAMPO A	CAMPO B	CAMPO A	CAMPO B
17:30 – 19:00	2014 – 2015 2016 – 2017	2011 - Eso Misti	2010	2013 – 2012 Pulcini Misti	2010 – 2011 Eso Misti	Juniore	2014 – 2015 2016 – 2017	2013 – 2012 Pulcini Misti	2013 – 2012 Pulcini Misti	2010 – 2011 Eso Misti
	Sp. 1 Sp. 2	Sp. 3	1/2 SP3	1/2 Sp. 2 1/2 Sp. 4	Sp. 1 1/2 SP 2	1/2 Sp. 3	Sp. 1	1/2 Sp. 3 1/2 SP 4	Sp. 1 Sp. 2	1/2 Sp. 3 1/2 Sp. 4
19:00 – 20:30	2009	2007 Juniore	2007	2008 - 2006	2009	2008 - 2006	2007 Juniore	2009	2006 - 2008	
	Sp. 4	Sp. 1 – Sp. 2 arrivare già cambiati	1/2 Sp. 3	1/2 Sp. 4 1/2 Sp. 2	1/2 Sp. 2	1/2 Sp. 4 1/2 Sp. 3	1/2 Sp. 3 1/2 Sp. 4	Sp. 2	1/2 Sp. 4 1/2 Sp. 2	
20:30 - 22:00				1a Squadra Sp. 1						

PROGRAMMA ALLENAMENTI PORTIERI

ORARIO	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
	CAMPO A	CAMPO B	CAMPO A	CAMPO B	CAMPO A	CAMPO B	CAMPO A	CAMPO B	CAMPO A	CAMPO B
17:30 – 18:30	2014 - 2015	AREA PORTIERI Sp. Arbitro A	2013 – 2012	AREA PORTIERI Sp. Arbitro A	2010 – 2011	AREA PORTIERI Sp. Arbitro A	2012 -2013	AREA PORTIERI Sp. Arbitro A		
18:30 – 19:30	2010 -2011	AREA PORTIERI Sp. Arbitro A	2008 – 2006	AREA PORTIERI Sp. Arbitro A	2009 – 2008	Campo A Sp.Arbitro A	2006 -2007	Campo A Sp.Arbitro A		
19:30 – 20:30	2007 - 2009	AREA PORTIERI Sp. Arbitro A	Juniore 1a Squadra	AREA PORTIERI Sp. Arbitro A			Juniore 1a Squadra	Campo A Sp.Arbitro A		