



## PREPARAZIONE FISICA



|                | LUNEDI | MARTEDI     | MERCOLEDI   | GIOVEDI     | VENERDI     |
|----------------|--------|-------------|-------------|-------------|-------------|
| ESORDIENTI     |        | 17-18       | 18-19       | 17-18       | 18-19       |
| U13            | 18-19  | 17-18       |             | 17-18       | 18-19       |
| U14            |        | 18-19       | 17-18       | 18-19       | 17-18       |
| U15            |        | 18-19       | 18-19       | 18-19       | 18-19       |
| U16            | 18-19  | 17-18       |             | 18-19       | 18-19       |
| U18            | 18-19  | 17-18       |             | 18-19       | 18-19       |
| SOLO FEMMINILE | 19-20  |             |             | 19-20       |             |
| SENIOR (M+F)   |        | 20,30-21,30 | 20,30-21,30 | 20,30-21,30 | 20,30-21,30 |