

| DFFC / | | LIONEL ABSOLONNE | | ENTRAINEMENTS DES GARDIENS | | | | | | | | SAISON 2010- 2011 | | | | | | | |
|-----------|--------------------|------------------|--------------------|----------------------------|--------------------|----------|--------------------|---------|--------------------|---------|--------------------|-------------------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|
| SEPTEMBRE | | OCTOBRE | | NOVEMBRE | | DECEMBRE | | JANVIER | | FEVRIER | | MARS | | AVRIL | | MAI | | JUIN | |
| mer 1 | | ven 1 | | lun 1 | Toussaint | mer 1 | MOY 17H GDS 19H | sam 1 | | mar 1 | | mar 1 | | ven 1 | | dim 1 | F. trav. | mer 1 | MOY 17H GDS 19H |
| jeu 2 | | sam 2 | | mar 2 | | jeu 2 | | dim 2 | | mer 2 | GDS 19H | mer 2 | | sam 2 | | lun 2 | | jeu 2 | |
| ven 3 | | dim 3 | | mer 3 | | ven 3 | | lun 3 | | jeu 3 | | jeu 3 | | dim 3 | | mar 3 | | ven 3 | |
| sam 4 | | lun 4 | | jeu 4 | | sam 4 | | mar 4 | | ven 4 | | ven 4 | | lun 4 | | mer 4 | MOY 17H GDS 19H | sam 4 | |
| dim 5 | | mar 5 | | ven 5 | | dim 5 | | mer 5 | GDS 19H | sam 5 | | sam 5 | | mar 5 | | jeu 5 | | dim 5 | |
| lun 6 | | mer 6 | MOY 17H GDS 19H | sam 6 | | lun 6 | | jeu 6 | | dim 6 | | dim 6 | | mer 6 | MOY 17H GDS 19H | ven 6 | | lun 6 | |
| mar 7 | | jeu 7 | | dim 7 | | mar 7 | | ven 7 | | lun 7 | | lun 7 | | jeu 7 | | sam 7 | | mar 7 | |
| mer 8 | MOY 17H GDS 19H | ven 8 | | lun 8 | | mer 8 | GDS 19H | sam 8 | | mar 8 | | mar 8 | | ven 8 | | dim 8 | | mer 8 | |
| jeu 9 | | sam 9 | | mar 9 | | jeu 9 | | dim 9 | | mer 9 | MOY 17H GDS 19H | mer 9 | MOY 17H GDS 19H | sam 9 | | lun 9 | | jeu 9 | |
| ven 10 | | dim 10 | | mer 10 | GDS 19H | ven 10 | | lun 10 | | jeu 10 | | jeu 10 | | dim 10 | | mar 10 | | ven 10 | |
| sam 11 | | lun 11 | | jeu 11 | Commé. | sam 11 | | mar 11 | | ven 11 | | ven 11 | | lun 11 | | mer 11 | GDS 19H | sam 11 | |
| dim 12 | | mar 12 | | ven 12 | | dim 12 | | mer 12 | MOY 17H GDS 19H | sam 12 | | sam 12 | | mar 12 | | jeu 12 | | dim 12 | Pent. |
| lun 13 | | mer 13 | GDS 19H | sam 13 | | lun 13 | | jeu 13 | | dim 13 | | dim 13 | | mer 13 | GDS 19H | ven 13 | | lun 13 | Pent. |
| mar 14 | | jeu 14 | | dim 14 | | mar 14 | | ven 14 | | lun 14 | | lun 14 | | jeu 14 | | sam 14 | | mar 14 | |
| mer 15 | GDS 19H | ven 15 | | lun 15 | | mer 15 | MOY 17H GDS 19H | sam 15 | | mar 15 | | mar 15 | | ven 15 | | dim 15 | | mer 15 | |
| jeu 16 | | sam 16 | | mar 16 | | jeu 16 | | dim 16 | | mer 16 | GDS 19H | mer 16 | GDS 19H | sam 16 | | lun 16 | | jeu 16 | |
| ven 17 | | dim 17 | | mer 17 | MOY 17H GDS 19H | ven 17 | | lun 17 | | jeu 17 | | jeu 17 | | dim 17 | | mar 17 | | ven 17 | |
| sam 18 | | lun 18 | | jeu 18 | | sam 18 | | mar 18 | | ven 18 | | ven 18 | | lun 18 | | mer 18 | MOY 17H GDS 19H | sam 18 | |
| dim 19 | | mar 19 | | ven 19 | | dim 19 | | mer 19 | GDS 19H | sam 19 | | sam 19 | | mar 19 | | jeu 19 | | dim 19 | |
| lun 20 | | mer 20 | MOY 17H GDS 19H | sam 20 | | lun 20 | | jeu 20 | | dim 20 | | dim 20 | | mer 20 | | ven 20 | | lun 20 | |
| mar 21 | | jeu 21 | | dim 21 | | mar 21 | | ven 21 | | lun 21 | | lun 21 | | jeu 21 | | sam 21 | | mar 21 | |
| mer 22 | MOY 17H GDS 19H | ven 22 | | lun 22 | | mer 22 | | sam 22 | | mar 22 | | mar 22 | | ven 22 | | dim 22 | | mer 22 | |
| jeu 23 | | sam 23 | | mar 23 | | jeu 23 | | dim 23 | | mer 23 | | mer 23 | MOY 17H GDS 19H | sam 23 | | lun 23 | | jeu 23 | |
| ven 24 | | dim 24 | | mer 24 | GDS 19H | ven 24 | | lun 24 | | jeu 24 | | jeu 24 | | dim 24 | Pâques | mar 24 | | ven 24 | |
| sam 25 | | lun 25 | | jeu 25 | | sam 25 | Noël | mar 25 | | ven 25 | | ven 25 | | lun 25 | Pâques | mer 25 | GDS 19H | sam 25 | |
| dim 26 | | mar 26 | | ven 26 | | dim 26 | | mer 26 | MOY 17H GDS 19H | sam 26 | | sam 26 | | mar 26 | | jeu 26 | | dim 26 | |
| lun 27 | | mer 27 | | sam 27 | | lun 27 | | jeu 27 | | dim 27 | | dim 27 | | mer 27 | | ven 27 | | lun 27 | |
| mar 28 | | jeu 28 | | dim 28 | | mar 28 | | ven 28 | | lun 28 | | lun 28 | | jeu 28 | | sam 28 | | mar 28 | |
| mer 29 | GDS 19H | ven 29 | | lun 29 | | mer 29 | | sam 29 | | | | mar 29 | | ven 29 | | dim 29 | | mer 29 | |
| jeu 30 | | sam 30 | | mar 30 | | jeu 30 | | dim 30 | | | | mer 30 | GDS 19H | sam 30 | | lun 30 | | jeu 30 | |
| | | dim 31 | | | | ven 31 | | lun 31 | | | | jeu 31 | | | | mar 31 | | | |

Merci de m'informer de votre absence (ou de celle de votre enfant) dès que possible au 06 10 99 45 27 ou bien par mail: lionel.absolonne@free.fr