



Planning des entraînements



| | Lundi | | | Mardi | | | Mercredi | | | HEURE | Jeudi | | | Vendredi | | | Samedi | | | Dimanche | | |
|-------------|----------|---------|-----------|-----------------------------|--------|----------|----------|--------|----------|-------------|--------------|--------|----------|----------|--------|----------|----------|----------|----------|-------------|-------------|-------------|
| | Stadtbr. | Remich | Dreiborn | Stadtbr. | Remich | Dreiborn | Stadtbr. | Remich | Dreiborn | | Stadtbr. | Remich | Dreiborn | Stadtbr. | Remich | Dreiborn | Stadtbr. | Remich | Dreiborn | | Dreiborn | |
| 8:00-9:00 | | | | | | | | | | 8:00-9:00 | | | | | | | | | | 8:00-9:00 | | |
| 9:00-10:00 | | | | | | | | | | 9:00-10:00 | | | | | | | | | IP Youth | 9:00-10:00 | | |
| 10:00-11:00 | | | | | | | | | | 10:00-11:00 | | | | | | | | Dames A | IP | Baby Basket | 10:00-11:00 | |
| 11:00-12:00 | | | | | | | | | | 11:00-12:00 | | | | | | | | Hommes A | Youth | Débutants | 11:00-12:00 | |
| 12:00-13:00 | IP PRO | | | | IP PRO | | | | | 12:00-13:00 | IP PRO | | | | IP PRO | | | | | Espoirs | 12:00-13:00 | |
| 14:00-15:00 | | | | | | | | | | 14:00-15:00 | | | | | | | | | | | | 14:00-15:00 |
| 14:00-15:00 | | | | | | | | | | 14:00-15:00 | | | | | | | | | | | | 14:00-15:00 |
| 15:00-15:30 | | | | | | | | | | 15:00-15:30 | | | | | | | | | | | | 15:00-15:30 |
| 15:30-16:00 | | | | | | | | | | 15:30-16:00 | Débutants | | | | | | | | | | | 15:30-16:00 |
| 16:00-16:30 | | | | | | | | | | 16:00-16:30 | | | | | | | | | | | | 16:00-16:30 |
| 16:30-17:00 | | | | | | | | | | 16:30-17:00 | Pré-Poussins | | | | | | | | | | | 16:00-16:30 |
| 17:00-17:30 | | | | | | | | | | 17:00-17:30 | | | | | | | | | | | | 16:30-17:00 |
| 17:30-18:00 | | | | | | | | | | 17:30-18:00 | | | | | | | | | | | | 17:00-17:30 |
| 18:00-18:30 | | Minis | Poussines | Filettes & Filles scolaires | | | | | | 18:00-18:30 | | | | | | | | | | | | 17:30-18:00 |
| 18:30-19:00 | | | | | | | | | | 18:30-19:00 | | | | | | | | | | | | 18:00-18:30 |
| 19:00-19:30 | Poussins | Dames B | Cadettes | Hommes A | | | | | | 19:00-19:30 | | | | | | | | | | | | 18:30-19:00 |
| 19:30-20:00 | | | | | | | | | | 19:30-20:00 | | | | | | | | | | | | 19:00-19:30 |
| 20:00-20:30 | | | | | | | | | | 20:00-20:30 | | | | | | | | | | | | 19:30-20:00 |
| 20:30-21:00 | | | | | | | | | | 20:30-21:00 | | | | | | | | | | | | 20:00-20:30 |
| 21:00-21:30 | | | | | | | | | | 21:00-21:30 | | | | | | | | | | | | 20:30-21:00 |
| 21:30-22:00 | | | | | | | | | | 21:30-22:00 | | | | | | | | | | | | 21:00-21:30 |
| 21:30-22:00 | | | | | | | | | | 21:30-22:00 | | | | | | | | | | | | 21:30-22:00 |

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| Espoirs | 1 Practice |
| Cadets | 3 Practices |
| Scolaires | 3 Practices |
| Minis | 3 Practices |
| Poussins | 3 Practices |
| Pré-poussins | 2 practices |
| Débutant | 3 Practices |
| Baby Basket | 2 practices |

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| Cadettes | 3 Practices |
| Filettes & Filles Scolaires | 3 Practices |
| Poussines | 3 Practices |
| Pré-Poussines | 2 practices |
| IP PRO | 4 Practices |
| IP Youth | 3 Practices |

| Années de naissances | Catégorie | Coach(es) | Ass.Coach | Ass. Coach |
|----------------------|------------------|-------------------|------------------|------------------|
| -2003 | Espoirs | John DIECKELMAN | | |
| 2004-2005 | Cadets | Majdi ANAN | Louis MUACHO | |
| | Cadettes | John DIECKELMAN | Carole SITZ | |
| 2006-2007 | Scolaires | Majdi ANAN | Amir YAHYAOUÏ | |
| | Filles Scolaires | Majdi ANAN | Gilles SURKJIN | |
| 2008-2009 | Minis | Amir YAHYAOUÏ | | |
| | Filettes | Gilles SURKJIN | Cathy SCHMIT | |
| 2010-2011 | Poussins | Sandy Godart | Jil SCHMIT | |
| | Poussines | Irina MAZIOUKHINA | Xenia SCHUMACHER | |
| 2012-2014 | Pré-Poussins | Majdi ANAN | Johan BOUTTET | |
| | Pré-Poussines | Irina MAZIOUKHINA | Xenia SCHUMACHER | |
| 2014-2015-2016 | Débutant | Jean De MARCHI | Elias DI CILIA | Christina Müller |
| 2016-2017-2018 | Baby Basket | Lisa RIES | Julia REULAND | Mikayla Ferenz |

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|-----------------|-------|-------|-------|----------|
| IP PRO | Lundi | Mardi | Jeudi | Vendredi |
| John DIECKELMAN | | | | |

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| Samedi | IP Youth | |
| Samedi | 9:00-10:00 | Amir YAHYAOUÏ |
| Samedi | 10:00-12:00 | Majdi ANAN |