



Bruges 18.12.-22.12.2006.



Lundi 18.12.06	6.24	départ Luxembourg-Gare CFL
	10.25	arrivée Bruges
	11.30	Check in
	12.30 – 13.00	Déjeuner
	13.30 – 14.00	Team meeting
	14.00 – 15.30	Training Team I
	14.00 – 15.30	Salle de musculation team II
	15.30 – 17.00	Training Team II
	15.30 – 17.00	Salle de musculation Team I
	18.00 – 19.00	Diner
	23.00	repos
Mardi 19.12.06	07.30	Réveil
	08.00 – 08.30	petit déjeuner
	09.00 – 12.00	Training Team I + II (Athletik)
	12.30 – 13.00	Déjeuner
	14.00 – 15.00	Team meeting
	17.30 – 19.00	Match amical Racing Brugge - FLBB (Rijselstraat in Sint-Michiels)
	20.00	Diner - ???
	23.00	repos
Mercredi 20.12.06	07.30	Réveil
	08.00 – 08.30	petit déjeuner
	09.00 – 10.45	Training Team I
	09.00 – 10.45	Salle de musculation Team II
	10.45 – 12.15	Training Team II
	10.45 – 12.15	Salle de musculation Team I
	12.30 – 13.00	déjeuner
	15.30 – 17.30	Match amical Team I ????
	18.30 – 19.00	diner
	23.00	repos
Jeudi 21.12.06	07.30	Réveil
	08.00 – 08.30	petit déjeuner
	09.00 – 12.00	Training Team I + II (Athletik)
	12.30 – 13.00	déjeuner
	15.30 – 17.00	Training Team II + Salle de musculation Team I
	18.00 – 19.00	diner
	23.00	repos
Vendredi 22.12.06	07.30	Réveil
	08.00 – 08.30	petit déjeuner
	09.00 – 10.00	Training Team I (Koffer packen Team II)
	10.00 – 11.00	Training Team II (Koffer packen Team I)
	11.30 – 12.00	déjeuner - si possible !!!!
	12.30	check out
	13.35	départ train Gare de Bruges