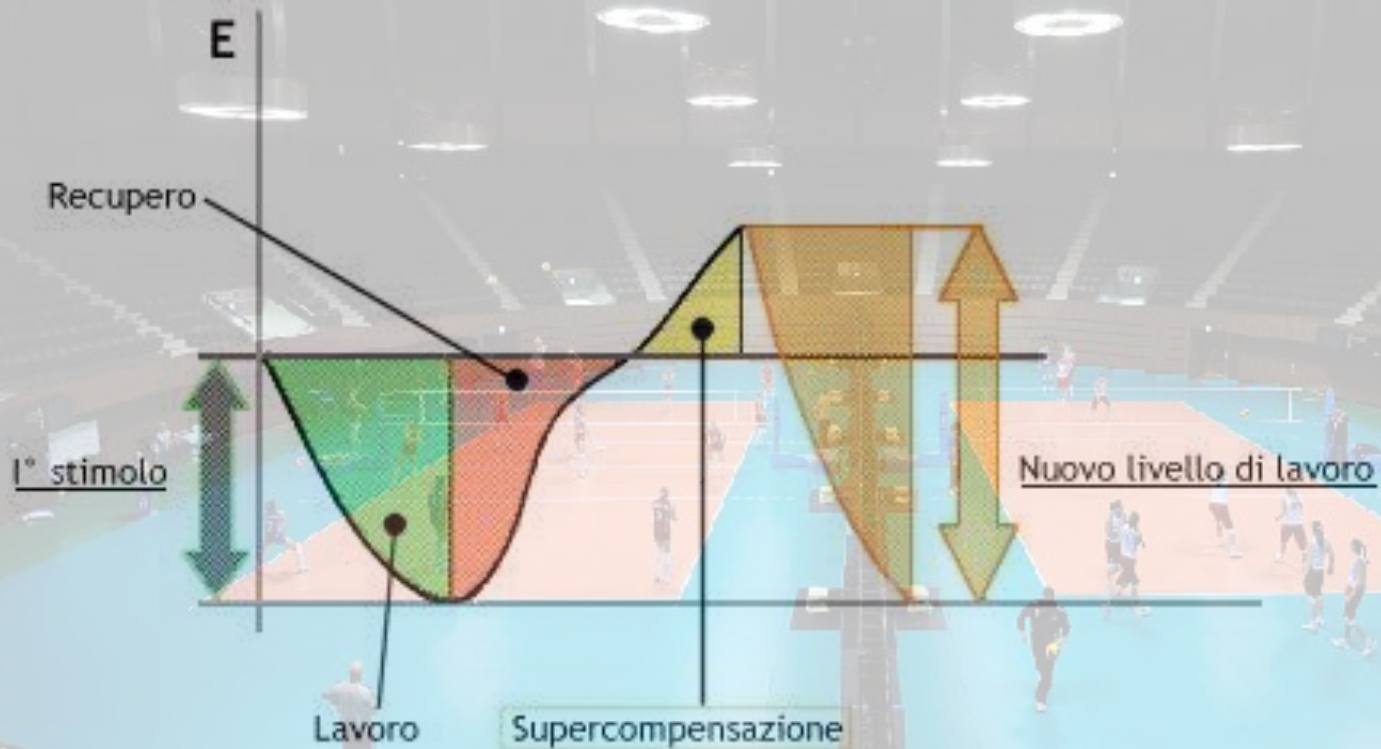


# PROGRAMMAZIONE



**MACROCICLO**

**MESOCICLO**

**MICROCICLO**

**SEDUTA D'ALLENAMENTO**





	Poniedziałek Monday	Wtorek Tuesday	Środa Wednesday	Czwartek Thursday	Piątek Friday	Sobota Saturday	Niedziela Sunday
Pozostał październik October	22	23	24	25 Brydż Tęcza Sport	26	27	28 OFLEN LEAGUE Tęcza Rybnicki
Pozostał październik October	29	30	31 OFLEN LEAGUE Tęcza Sport	1	2	3 OFLEN LEAGUE MUSZYŃ Tęcza	4
Listopad November	5	6	7 OFLEN LEAGUE Tęcza Sport	8	9	10 OFLEN LEAGUE Tęcza Sport	11
Listopad November	12	13	14 OFLEN LEAGUE Białostocka Tęcza	15	16	17	18 OFLEN LEAGUE Tęcza Sport
Listopad November	19	20	21 OFLEN LEAGUE Pami Górnego Tęcza	22	23	24	25
Listopad November	26 OFLEN LEAGUE Tęcza Sport	27	28	29	30	31 OFLEN LEAGUE Tęcza Sport	1 OFLEN LEAGUE Tęcza Sport
Listopad November	2	3	4 OFLEN LEAGUE Tęcza Sport	5 OFLEN LEAGUE Tęcza Sport	6	7 OFLEN LEAGUE Tęcza Sport	8
Grudzień December	9	10	11 OFLEN LEAGUE Tęcza Sport	12	13	14	15
Grudzień December	16	17	18	19 OFLEN LEAGUE Tęcza Sport	20	21 OFLEN LEAGUE Tęcza Sport	22
Grudzień December	23	24	25	26 OFLEN LEAGUE Tęcza Sport	27	28 OFLEN LEAGUE Tęcza Sport	29
Grudzień December	30	31	1 OFLEN LEAGUE Tęcza Sport	2	3 OFLEN LEAGUE Tęcza Sport	4	5
Grudzień December	6	7	8	9 OFLEN LEAGUE Tęcza Sport	10 OFLEN LEAGUE Tęcza Sport	11 OFLEN LEAGUE Tęcza Sport	12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JANUARY							ALL TIME GAMES
JANUARY						13	14
JANUARY			14	15	16	17	18
JANUARY		15	16	17	18	19	20
JANUARY		16	17	18	19	20	21
JANUARY		17	18	19	20	21	22
JANUARY		18	19	20	21	22	23
JANUARY		19	20	21	22	23	24
JANUARY		20	21	22	23	24	25
JANUARY		21	22	23	24	25	26
JANUARY		22	23	24	25	26	27
JANUARY		23	24	25	26	27	28
JANUARY		24	25	26	27	28	29
JANUARY		25	26	27	28	29	30
JANUARY		26	27	28	29	30	31
FEBRUARY		1	2	3	4	5	6
FEBRUARY		2	3	4	5	6	7
FEBRUARY		3	4	5	6	7	8
FEBRUARY		4	5	6	7	8	9
FEBRUARY		5	6	7	8	9	10
FEBRUARY		6	7	8	9	10	11
FEBRUARY		7	8	9	10	11	12
FEBRUARY		8	9	10	11	12	13
FEBRUARY		9	10	11	12	13	14
FEBRUARY		10	11	12	13	14	15
FEBRUARY		11	12	13	14	15	16
FEBRUARY		12	13	14	15	16	17
FEBRUARY		13	14	15	16	17	18
FEBRUARY		14	15	16	17	18	19
FEBRUARY		15	16	17	18	19	20
FEBRUARY		16	17	18	19	20	21
FEBRUARY		17	18	19	20	21	22
FEBRUARY		18	19	20	21	22	23
FEBRUARY		19	20	21	22	23	24
FEBRUARY		20	21	22	23	24	25
FEBRUARY		21	22	23	24	25	26
FEBRUARY		22	23	24	25	26	27
FEBRUARY		23	24	25	26	27	28
FEBRUARY		24	25	26	27	28	29
FEBRUARY		25	26	27	28	29	30
FEBRUARY		26	27	28	29	30	31
MARCH		1	2	3	4	5	6
MARCH		2	3	4	5	6	7
MARCH		3	4	5	6	7	8
MARCH		4	5	6	7	8	9
MARCH		5	6	7	8	9	10
MARCH		6	7	8	9	10	11
MARCH		7	8	9	10	11	12
MARCH		8	9	10	11	12	13
MARCH		9	10	11	12	13	14
MARCH		10	11	12	13	14	15
MARCH		11	12	13	14	15	16
MARCH		12	13	14	15	16	17
MARCH		13	14	15	16	17	18
MARCH		14	15	16	17	18	19
MARCH		15	16	17	18	19	20
MARCH		16	17	18	19	20	21
MARCH		17	18	19	20	21	22
MARCH		18	19	20	21	22	23
MARCH		19	20	21	22	23	24
MARCH		20	21	22	23	24	25
MARCH		21	22	23	24	25	26
MARCH		22	23	24	25	26	27
MARCH		23	24	25	26	27	28
MARCH		24	25	26	27	28	29
MARCH		25	26	27	28	29	30
MARCH		26	27	28	29	30	31
APRIL		1	2	3	4	5	6
APRIL		2	3	4	5	6	7
APRIL		3	4	5	6	7	8
APRIL		4	5	6	7	8	9
APRIL		5	6	7	8	9	10
APRIL		6	7	8	9	10	11
APRIL		7	8	9	10	11	12
APRIL		8	9	10	11	12	13
APRIL		9	10	11	12	13	14
APRIL		10	11	12	13	14	15
APRIL		11	12	13	14	15	16
APRIL		12	13	14	15	16	17
APRIL		13	14	15	16	17	18
APRIL		14	15	16	17	18	19
APRIL		15	16	17	18	19	20
APRIL		16	17	18	19	20	21
APRIL		17	18	19	20	21	22
APRIL		18	19	20	21	22	23
APRIL		19	20	21	22	23	24
APRIL		20	21	22	23	24	25
APRIL		21	22	23	24	25	26
APRIL		22	23	24	25	26	27
APRIL		23	24	25	26	27	28
APRIL		24	25	26	27	28	29
APRIL		25	26	27	28	29	30
APRIL		26	27	28	29	30	31



<i>Domenica</i>	<i>Lunedì</i>	<i>Martedì</i>	<i>Mercoledì</i>	<i>Giovedì</i>	<i>Venerdì</i>	<i>Sabato</i>	<i>Domenica</i>
<b>PARTITA</b>			<b>PARTITA</b>				<b>PARTITA</b>



***seduta  
di  
allenamento***