

Α. Σ ΔΟΞΑ ΔΡΥΜΟΥ

ΠΡΟΓΡΑΜΜΑ ΠΡΟΠΟΝΗΣΕΩΝ 2023-2024

ΗΜΕΡΟΜΗΝΙΑ	ΣΑΒ11/11/23	ΚΥΡ12/11/23	ΣΑΒ18/11/23	ΚΥΡ19/11/23	ΣΑΒ25/11/23	ΚΥΡ26/11/23	ΣΑΒ2/12/23	ΚΥΡ3/12/23	ΣΑΒ-9/12/23
ΠΡΟΜΙΝΙ	9.30-10.45	13.30-15.00	9.30-10.45	10.00-11.15	9.30-10.45	12.00-13.00	9.30-10.45	12.00-13.00	9.30-10.45
ΜΙΝΙ	10.45-12.00	ΑΓΩΝ-10.30	10.45-12.00	ΑΓΩΝ-?	10.45-12.00	ΑΓΩΝ-10.30	10.45-12.00	ΑΓΩΝ-10.30	10.45-12.00
ΒΑΒΙΝΙ	12.00-13.00	12.00-13.00	12.00-13.00	11.15-12.15	12.00-13.00	13.00-14.00	12.00-13.00	13.00-14.00	12.00-13.00
ΠΑΜΠΑΙΔΩΝ	14.00-15.00		14.00-15.00	13.30-14.45	14.00-15.00		14.00-15.00		14.00-15.00
ΠΑΙΔΩΝ	14.00-15.00	ΑΓΩΝ-14.30	14.00-15.00	ΑΓΩΝ-15.30	14.00-15.00	ΑΓΩΝ-15.30	14.00-15.00	ΑΓΩΝ-15.30	14.00-15.00
ΚΟΡΙΤΣΙΑ	13.00-14.00	12.00-13.30	13.00-14.00	12.15-13.30	13.00-14.00	14.00-15.00	13.00-14.00	14.00-15.00	13.00-14.00
ΗΜΕΡΟΜΗΝΙΑ	ΚΥΡ10/12/23	ΣΑΒ16/12/23	ΚΥΡ17/12/23	ΣΑΒ-13/1/24	ΚΥΡ14/1/24	ΣΑΒ-20/1/24	ΚΥΡ21/1/24	ΣΑΒ-27/1/24	ΚΥΡ28/1/24
ΠΡΟΜΙΝΙ	10.00-11.15	9.30-10.45	12.00-13.15	9.30-10.45	12.30-13.45	9.30-10.45	12.00-13.00	9.30-10.45	10.00-11.15
ΜΙΝΙ	ΑΓΩΝ-?	10.45-12.00	ΑΓΩΝ-10.30	10.45-12.00	ΛΑΓΥΝΑ-11.00-ΑΓΩΝ	10.45-12.00	ΑΓΩΝ-10.30-ΔΡΥΜΟΣ	10.45-12.00	ΑΓΩΝ-?-ΠΕΥΚΑ
ΒΑΒΙΝΙ	11.15-12.15	12.00-13.00	13.15-14.15	12.00-13.00	10.00-11.00	12.00-13.00	13.00-14.00	12.00-13.00	11.15-12.15
ΠΑΜΠΑΙΔΩΝ	13.45-14.45	14.00-15.00	15.30-16.30	14.00-15.00		14.00-15.00		14.00-15.00	13.30-14.30
ΠΑΙΔΩΝ	ΑΓΩΝ-15.30	14.00-15.00	ΑΓΩΝ-21.00	14.00-15.00	ΑΓΩΝ-15.30	14.00-15.00	ΑΓΩΝ-15.30	14.00-15.00	ΑΓΩΝ-18.30
ΚΟΡΙΤΣΙΑ	12.15-13.45	13.00-14.00	14.15-15.30	13.00-14.00	11.00-12.30	13.00-14.00	14.00-15.00	13.00-14.00	12.15-13.30
ΗΜΕΡΟΜΗΝΙΑ	ΣΑΒ-3/2//24	ΚΥΡ-4/2/24	ΣΑΒ10/2//24	ΚΥΡ11/2/24	ΣΑΒ17/2//24	ΚΥΡ18/2/24	ΣΑΒ24/2//24	ΚΥΡ25/2/24	ΣΑΒ-2/3//24

ΠΡΟΜΙΝΙ	9.30-10.45	10.00-11.15	9.30-10.45	14.00-15.00	13.30-14.45	11.15-12.30	9.30-10.45	10.00-11.15	9.30-10.45
ΜΙΝΙ	10.45-12.00	ΑΓΩΝ-?-ΑΓ ΙΟΣ ΠΑΥΛΟΣ	10.45-12.00	ΑΓΩΝ-10.3 0-ΔΡΥΜΟΣ	ΑΓΩΝ-10.00 -ΝΕΑΠΟΛΗ	10-11.15	10.45-12.00	ΑΓΩΝ-14.3 0 ΣΤΑΥΡ/ΛΗ	10.45-12.00
ΒΑΒΙΝΙ	12.00-13.00	11.15-12.15	12.00-13.00	12.00-13.00	12.30-13.30	12.30-13.30	12.00-13.00	11.15-12.15	12.00-13.00
ΠΑΜΠΑΙΔΩΝ	14.00-15.00	13.45-14.45	14.00-15.00		9.30-11.00		14.00-15.00	12.15-13.45	14.00-15.00
ΠΑΙΔΩΝ	14.00-15.00	ΑΓΩΝ-15.30	14.00-15.00	ΑΓΩΝ-15.0 0	9.30-11.00	ΑΓΩΝ-15.3 0	14.00-15.00	ΑΓΩΝ-17.3 0	14.00-15.00
ΚΟΡΙΤΣΙΑ	13.00-14.00	12.15-13.45	13.00-14.00	13.00-14.00	11.00-12.30	13.30-14.45	13.00-14.00		13.00-14.00

ΗΜΕΡΟΜΗΝΙ Α	ΚΥΡ-3/3/24	ΣΑΒ-9/3/24	ΚΥΡ10/3/24	ΣΑΒ16/3/24	ΚΥΡ17/3/24	ΣΑΒ23/3/24	ΚΥΡ24/3/24	ΣΑΒ30/3/24	ΚΥΡ31/3/24
ΠΡΟΜΙΝΙ	12.00-13.00	10.00-11.15	11.00-12.00	9.30-10.45	10.00-11.15	9.30-10.45	10.00-11.15	9.30-10.45	12.00-13.00
ΜΙΝΙ	ΑΓΩΝ-10.3 0 ΔΡΥΜΟΣ	13.00-ΑΓΩ Ν-ΛΑΓΥΝΑ	12.00-13.15	10.45-12.00	11.15-12.30	10.45-12.00	11.15-12.30	10.45-12.00	ΑΓΩΝ-10.30 -ΔΡΥΜΟΣ
ΒΑΒΙΝΙ	13.00-14.00	11.15-12.15	10.00-11.00	12.00-13.00	12.30-13.30	12.00-13.00	12.30-13.30	12.00-13.00	13.00-14.00
ΠΑΜΠΑΙΔΩΝ		13.45-15.00		14.00-15.00	14.45-15.15	14.00-15.00	14.45-15.15	14.00-15.00	15.00-16.30
ΠΑΙΔΩΝ	ΑΓΩΝ-15.3 0	13.45-15.00	ΑΓΩΝ-12.00	14.00-15.00	14.45-15.15	14.00-15.00	14.45-15.15	14.00-15.00	15.00-16.30
ΚΟΡΙΤΣΙΑ	14.00-15.00	12.15-13.45	13.15-14.30	13.00-14.00	13.30-14.45	13.0-14.00	13.30-14.45		14.00-15.00
ΗΜΕΡΟΜΗΝΙ Α	ΣΑΒ-6/4/24	ΚΥΡ-7/4/24	ΣΑΒ13/4/24	ΚΥΡ14/4/24					
ΠΡΟΜΙΝΙ	9.30-10.45	14.00-15.00	9.30-10.45	12.00-13.00					

MINI	10.45-12.00	ΑΓΩΝ-10.0 0-ΠΟΛΙΧΝΗ	10.45-12.00	ΑΓΩΝ-10.3 0-ΔΡΥΜΟΣ					
ΒΑΒΙΝΙ	12.00-13.00	10.00-11.00	12.00-13.00	13.00-14.00					
ΠΑΜΠΑΙΔΩΝ	14.00-15.00	12.30-14.00	14.00-15.00	15.30-16.45					
ΠΑΙΔΩΝ	14.00-15.00		14.00-15.00	15.30-16.45					
ΚΟΡΙΤΣΙΑ	13.00-14.00	11.00-12.30	13.00-14.0	14.00-15.30					