

| HORARI | DILLUNS                                                                          |          | DIMARTS                                                                              |          | DIMECRES                                                                           |          | DIJOUS |          | DIVENDRES                                                                                |                                                                   |  |
|--------|----------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------|----------|--------|----------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--|
| LLOC   | LOCAL                                                                            | INSTITUT | LOCAL                                                                                | INSTITUT | LOCAL                                                                              | INSTITUT | LOCAL  | INSTITUT | LOCAL                                                                                    | INSTITUT                                                          |  |
| 9:00   | ADULTS MATINS 1<br>(ENTRENADORS:<br>EDUARD SOLSONA +<br>CARMEN MIRANDA)          |          | (9:30 -11h)<br>ADULTS MATINS 3<br>+ HISTÒRICS<br>(ENTRENADOR:<br>ALEJANDRO CHACÓN)   |          | (9:30 -11h)<br>ADULTS MATINS 1<br>(ENTRENADORS:<br>EDUARD SOLSONA +<br>XAVI LOPEZ) |          |        |          |                                                                                          | (9:30 -11h)<br>ADULTS MATINS 1<br>(ENTRENADOR: EDUARD<br>SOLSONA) |  |
| 9:15   |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 9:30   |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 9:45   |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 10:00  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 10:15  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 10:30  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 10:45  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 11:00  | ADULTS MATINS 2<br>(ENTRENADORS:<br>EDUARD SOLSONA +<br>CARMEN MIRANDA)          |          | (11-12:30 h)<br>PARKINSON<br>(ENTRENADOR:<br>ALEJANDRO CHACÓN +<br>ALBERT CLUSELLAS) |          | (11-12:30 h)<br>ADULTS MATINS 2<br>(ENTREADOR: EDUARD<br>SOLSONA)                  |          |        |          | (11-12:15 h)<br>FUNDACIÓ ALPI<br>1/ ESCOLES INTRO<br>(ENTRENADOR: EDUARD<br>SOLSONA)     |                                                                   |  |
| 11:15  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 11:30  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 11:45  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 12:00  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 12:15  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 12:15  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 12:30  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 12:30  | (12:30 -14h)<br>PARKINSON<br>(ENTRENADOR: EDUARD<br>SOLSONA + CARMEN<br>MIRANDA) |          |                                                                                      |          |                                                                                    |          |        |          | (12:15-13:30 h)<br>FUNDACIÓ ALPI 2<br>/ ESCOLES INTRO<br>(ENTRENADOR: EDUARD<br>SOLSONA) |                                                                   |  |
| 12:45  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 13:00  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 13:15  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 13:30  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 13:45  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |
| 14:00  |                                                                                  |          |                                                                                      |          |                                                                                    |          |        |          |                                                                                          |                                                                   |  |



# HORARIS GRUPS ENTRENAMENT TEMPORADA 2026-2027 TARDES



Ajuntament de L'Hospitalet

| HORARI | DILLUNS                                                                                        |                                                                                               | DIMARTS                                                                           |                                                                                                                     | DIMECRES                                                                                            |          | DIOUS                                                                                |          | DIVENDRES                                                                                    |                                                                                                        |
|--------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| LLOC   | LOCAL                                                                                          | INSTITUT                                                                                      | LOCAL                                                                             | INSTITUT                                                                                                            | LOCAL                                                                                               | INSTITUT | LOCAL                                                                                | INSTITUT | LOCAL                                                                                        | INSTITUT                                                                                               |
| 15:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 16:00  | (16-17:45)<br>SUPERDIVISIÓ I<br>DIVISIÓ D'HONOR<br>MASCULINA (ÒSCAR GALLEGRO)                  |                                                                                               | (15:30-17 h)<br>ADULTS TARDES 6<br>(ENTRENADOR:<br>ALEJANDRO CHACÓN)              |                                                                                                                     |                                                                                                     |          | (15:30-17:45)<br>PARTICULARS<br>(ENTRENADORS)                                        |          | (15:30-17:45)<br>PARTICULARS<br>(ENTRENADORS)                                                |                                                                                                        |
| 16:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 16:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 16:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 17:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 17:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 17:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 17:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 17:30  | (17:45-19:30)<br>TECNIFICACIÓ<br>INFANTIL<br>(ENTRENADORS: ÒSCAR GALLEGRO + MARC MIRÓ + NAZAR) | (17:30-19 h)<br>INICIACIÓ 1<br>(ENTRENADORS: EDU SOLSONA + EDUARD SEÑOR + ALINA+ MARÍA JANNY) | (17-18:30 h)<br>ADULTS TARDA 5<br>(ENTRENADORS:<br>ALEJANDRO CHACÓN+EDUARD SEÑOR) | INICIACIÓ 1h /<br>EXTRAESCOLAR<br>(ENTRENADOR: EDUARD SOLSONA + ALINA+ ALBERTO CLUSELLAS + JOSEP OTERO)             |                                                                                                     |          | (17:45-19:15 h)<br>TECNIFICACIÓ<br>INFANTIL<br>(ENTRENADORS: CARMEN MIRANDA + NAZAR) |          | (17-18:30 h)<br>ADULTS TARDES 7<br>(ENTRENADOR:<br>ALEJANDRO CHACÓN )<br>NOU GRUP!!!         | (17-18:30 h)<br>INICIACIÓ 2<br>(ENTRENADOR: EDUARD SOLSONA + EDUARD SEÑOR + ALINA +ALBERTO CLUSELLAS ) |
| 17:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 18:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 18:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 18:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 18:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 18:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:00  | (19:30-21 h)<br>NACIONAL<br>(ENTRENADOR: ÒSCAR GALLEGRO)                                       | (19:20:30 h)<br>ADULTS TARDA 1<br>(ENTRENADORS: EDU SOLSONA + EDUARD SEÑOR)                   | (18:30-20 h)<br>ADULTS TARDA 3<br>(ENTRENADORS:<br>ALEJANDRO CHACÓN+EDUARD SEÑOR) | (17:45 -19:15)<br>TECNIFICACIÓ<br>INFANTIL(ENTRENADORS: ÒSCAR GALLEGRO + EDUARD SOLSONA + CARMEN MIRANDA+SPARRINGS) | (17:45 -19:45 h)<br>TECNIFICACIÓ<br>INFANTIL 2h<br>(ENTRENADORS: ÒSCAR GALLEGRO + MARC MIRÓ +NAZAR) |          | (19:15-20:45 h)<br>NACIONAL<br>(ENTRENADOR: CARMEN MIRANDA)                          |          | (18:30-20 h)<br>TECNIFICACIÓ<br>INFANTIL +<br>ADULTS<br>(ENTRENADORS: NAZAR + ALBERT RIBERA) | (18:30-20 h)<br>ADULTS TARDA 3<br>(ENTRENADOR:<br>ALEJANDRO CHACÓN + EDUARD SEÑOR)                     |
| 19:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 19:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 20:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 20:00  | (19:30-21 h)<br>NACIONAL<br>(ENTRENADOR: ÒSCAR GALLEGRO)                                       | (19:20:30 h)<br>ADULTS TARDA 1<br>(ENTRENADORS: EDU SOLSONA + EDUARD SEÑOR)                   |                                                                                   | (19:15-21h)<br>NACIONAL<br>(ENTRENADORS: ÒSCAR GALLEGRO +CARMEN MIRANDA)                                            |                                                                                                     |          | (20:30-22 h)<br>ADULTS TARDA 4<br>(ENTRENADOR: ALEJANDRO CHACÓN + BETHANY)           |          |                                                                                              |                                                                                                        |
| 20:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 20:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 20:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 20:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 20:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 21:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 21:00  |                                                                                                |                                                                                               | (21-22:15 h)<br>TERCER TORN<br>(SENSE ENTRENADOR)                                 |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 21:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 21:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 21:30  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 21:45  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 22:00  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |
| 22:15  |                                                                                                |                                                                                               |                                                                                   |                                                                                                                     |                                                                                                     |          |                                                                                      |          |                                                                                              |                                                                                                        |