

		Lundi																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m		Minimes													ADN Masters univ			1 50 m		
2 50 m		Minimes													ADN Masters univ			2 50 m		
3 50 m															ADN Masters univ			3 50 m		
4 50 m															ADN Masters univ			4 50 m		
5 50 m															ADN Masters univ			5 50 m		
6 50 m															ADN Masters univ			6 50 m		
7 50 m															ADN Masters univ			7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Polyvalent		
25m	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		25m		
1 25 m			Jardin		Jardin						Initiation		Evolution					1 25 m		
2 25 m																		2 25 m		
3 25 m																		3 25 m		
4 25 m																		4 25 m		
		Mardi																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m		Minimes																1 50 m		
2 50 m		Minimes																2 50 m		
3 50 m			GES / EAR															3 50 m		
4 50 m																		4 50 m		
5 50 m																		5 50 m		
6 50 m																		6 50 m		
7 50 m																		7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Polyvalent		
										Bouger ensemble										
25m	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		25m		
1 25 m			Jardin		Jardin						Initiation		Evolution					1 25 m		
2 25 m																		2 25 m		
3 25 m																		3 25 m		
4 25 m																		4 25 m		
		Mercredi																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m		Minimes																1 50 m		
2 50 m		Minimes																2 50 m		
3 50 m																		3 50 m		
4 50 m																		4 50 m		
5 50 m																		5 50 m		
6 50 m																		6 50 m		
7 50 m																		7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Polyvalent		
25m	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		25m		
1 25 m			Jardin		Jardin						Initiation		Evolution					1 25 m		
2 25 m																		2 25 m		
3 25 m																		3 25 m		
4 25 m																		4 25 m		
		Jeudi																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m		Minimes																1 50 m		
2 50 m		Minimes																2 50 m		
3 50 m																		3 50 m		
4 50 m																		4 50 m		
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7 50 m																		7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Polyvalent		
25m	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		25m		
1 25 m			Jardin		Jardin						Initiation		Evolution					1 25 m		
2 25 m																		2 25 m		
3 25 m																		3 25 m		
4 25 m																		4 25 m		
		Vendredi																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m																		1 50 m		
2 50 m																		2 50 m		
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7 50 m																		7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Polyvalent		
25m	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		25m		
1 25 m			Jardin		Jardin						Initiation		Evolution					1 25 m		
2 25 m																		2 25 m		
3 25 m																		3 25 m		
4 25 m																		4 25 m		
		Samedi																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m																		1 50 m		
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7 50 m																		7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Polyvalent		
25m	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		25m		
1 25 m																		1 25 m		
2 25 m																		2 25 m		
3 25 m																		3 25 m		
4 25 m																		4 25 m		
		Dimanche																		
Nordic	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21		Nordic		
1 50 m																		1 50 m		
2 50 m																		2 50 m		
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4 50 m																		4 50 m		
5 50 m																		5 50 m		
6 50 m																		6 50 m		
7 50 m																		7 50 m		
Polyvalent	7	8	9	10	11	12	13	14	15	16	17	18	19	e	20	21				