

[illegible]

**Remarques :** Sous réserves de modification avec la venue des établissements scolaires.

**Le planning par semaine est affiché dans votre établissement**

|                       |   | lundi 9 février 2026 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
|-----------------------|---|----------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|------------|--|
| Nordic                | 7 | 8                    | 9 | 1 | O | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 4 | 1 | 5 | 1 | 6 | 1 | 7 | 1 | 8 | 1 | 9 | e | 2 | O | 2 | 1 |  | Nordic     |  |
| 1 50 m                |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  | 1 50 m     |  |
| 2 50 m                |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  | 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 | 1 | O | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 4 | 1 | 5 | 1 | 6 | 1 | 7 | 1 | 8 | 1 | 9 | e | 2 | O | 2 | 1 |  | Polyvalent |  |
|                       |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
|                       |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
| 25M                   | 7 | 8                    | 9 | 1 | O | 1 | 1 | 1 | 2 |   | 3 | 1 | 4 | 1 | 5 | 1 | 6 | 1 | 7 | 1 | 8 | 1 | 9 | e | 2 | O | 2 | 1 |  | 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     |  |
|                       |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
| mardi 10 février 2026 |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
| Nordic                | 7 | 8                    | 9 | 1 | O | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 4 | 1 | 5 | 1 | 6 | 1 | 7 | 1 | 8 | 1 | 9 | e | 2 | O | 2 | 1 |  | Nordic     |  |
| 1 50 m                |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  | 1 50 m     |  |
| 2 50 m                |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  | 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 | 1 | O | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 4 | 1 | 5 | 1 | 6 | 1 | 7 | 1 | 8 | 1 | 9 | e | 2 | O | 2 | 1 |  | Polyvalent |  |
|                       |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
|                       |   |                      |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |
| 25M                   | 7 | 8                    | 9 | 1 | O | 1 | 1 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |            |  |

**Le planning par semaine est affiché dans votre établissement**

| lundi 16 février 2026    |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
|--------------------------|---|-------------|------------|--------------|-----|-----|-----------------|-------------|---------------|--------------|-----|----------|----------------|------------|-----------------|-----|---|------------|--------------------------------------------------------------------|
| Nordic                   | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | e          | 2 O             | 2 1 |   | Nordic     | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
|                          |   |             |            | ADN Aveniris |     |     |                 |             | ADN Benjamins |              |     |          |                |            |                 |     |   |            | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
| Polyvalent               | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | e          | 2 O             | 2 1 |   | Polyvalent |                                                                    |
|                          |   | Biking solo |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| 25M                      | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | Aqua fit        | Trampo solo |               |              |     |          | Aqua soft      | biking duo |                 |     |   | 25m        |                                                                    |
| 1 25 m                   |   |             |            | mini stage   |     |     |                 |             |               |              |     |          |                |            |                 |     |   | 1 25 m     |                                                                    |
| 2 25 m                   |   |             |            | ADN Aveniris |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 2 25 m     |                                                                    |
| 3 25 m                   |   |             |            | ADN Aveniris |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 3 25 m     |                                                                    |
| 4 25 m                   |   |             | mini stage |              |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 4 25 m     |                                                                    |
|                          |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| mardi 17 février 2026    |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| Nordic                   | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | e          | 2 O             | 2 1 |   | Nordic     | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
|                          |   |             |            | ADN Aveniris |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
| Polyvalent               | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | e          | 2 O             | 2 1 |   | Polyvalent |                                                                    |
|                          |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| 25M                      | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | aqua fit cardio | aqua fit    |               |              |     | Aqua Fit | aqua fit comba | biking sol |                 |     |   | 25m        |                                                                    |
| 1 25 m                   |   |             |            | mini stage   |     |     |                 |             |               |              |     |          |                |            |                 |     |   | 1 25 m     |                                                                    |
| 2 25 m                   |   |             |            | ADN Aveniris |     |     | Aqua Pilates    |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 2 25 m     |                                                                    |
| 3 25 m                   |   |             |            | ADN Aveniris |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 3 25 m     |                                                                    |
| 4 25 m                   |   |             | mini stage |              |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 4 25 m     |                                                                    |
|                          |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| mercredi 18 février 2026 |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| Nordic                   | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | 2 O        | e               | 2 1 | e | Nordic     | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
|                          |   |             |            | ADN Aveniris |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
| Polyvalent               | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | 2 O        | e               | 2 1 | e | Polyvalent |                                                                    |
|                          |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| 25M                      | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | Biking duo      |             |               |              |     |          | Biking duo     | Aqua fit   | Aqua fit cardio |     |   | 25m        |                                                                    |
| 1 25 m                   |   |             |            | mini stage   |     |     |                 |             |               |              |     |          |                |            |                 |     |   | 1 25 m     |                                                                    |
| 2 25 m                   |   |             |            | ADN Aveniris |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 2 25 m     |                                                                    |
| 3 25 m                   |   |             |            | ADN Aveniris |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 3 25 m     |                                                                    |
| 4 25 m                   |   |             | mini stage |              |     |     |                 |             |               | ADN Aveniris |     |          |                |            |                 |     |   | 4 25 m     |                                                                    |
|                          |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| jeudi 19 février 2026    |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| Nordic                   | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | 2 O        | e               | 2 1 | e | Nordic     | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
|                          |   |             |            | ADN Aveniris |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            | 1 50 m<br>2 50 m<br>3 50 m<br>4 50 m<br>5 50 m<br>6 50 m<br>7 50 m |
| Polyvalent               | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | 1 3             | 1 4         | 1 5           | 1 6          | 1 7 | 1 8      | 1 9            | 2 O        | e               | 2 1 | e | Polyvalent |                                                                    |
|                          |   |             |            |              |     |     |                 |             |               |              |     |          |                |            |                 |     |   |            |                                                                    |
| 25M                      | 7 | 8           | 9          | 1 O          | 1 1 | 1 2 | Biking Sol      |             |               |              |     |          | Trampo         |            |                 |     |   |            |                                                                    |

**Sous réserves de modification avec la venue des établissements scolaires.**

**Le planning par semaine est affiché dans votre établissement**

[illegible]

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**Le planning par semaine est affiché dans votre établissement**