

| | SALLE | 9h | 9h30 | 10h | 10h30 | 11h | 11h30 | 12h | 12h30 | 13h | 13h30 | 14h | 14h30 | 15h | 15h30 | 16h | 16h30 | 17h | 17h30 | 18h | 18h30 | 19h | 19h30 | 20h | 20h30 | 21h | 21h30 | 22h | | | | | | | | |
|-----------------|-----------|----|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|--|-----------------|-------|-----------------------------|----------|-----------------|-----------|-----------|
| LUNDI | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Classe sportive | U11 F | U15 M | U18 M | | | |
| | AJ Sorgia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Perfectionnement individuel | Loisir | | | |
| | AJ Retord | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MARDI | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | U13 F | U15 F | U18 F+Séniort F | | |
| | AJ Sorgia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | AJ Retord | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | U11 M | | | |
| MERCREDI | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | U9 mixte | U11 F | U13 M | U15 M | Séniort M |
| | AJ Sorgia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | AJ Retord | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JEUDI | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | U13 M | U15 F | U18 M | |
| | AJ Sorgia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | AJ Retord | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | U13 F | | | |
| VENDREDI | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Classe sportive | U11 M | U18 F+Séniort F | Séniort M | |
| | AJ Sorgia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | AJ Retord | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SAMEDI | MB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Formation | U7 mixte | | | |
| | AJ Sorgia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | AJ Retord | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

MB = Centre sportif Marcel EERTHET

AJ Sorgia = Complexe sportif Antoine JACQUET - Salle SORGIA

AJ Retord = Complexe sportif Antoine JACQUET - Salle RETORD