

| HORAIRES | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|----------|-----------------|-------|-------------------------|------------|-----------------|-----------------------|-------------|
| 6:30 | | | | | | | |
| 6:40 | | | | | | | |
| 6:50 | | | | | | | |
| 7:00 | | | | | | | |
| 7:10 | | | | | | | |
| 7:20 | | | | | | | |
| 7:30 | | | | | | | |
| 7:40 | | | | | | | |
| 7:50 | | | | | | 7h30 | 7h40 |
| 8:00 | | | | | | Compet | Compet Kid |
| 8:10 | | | | | | N + Junior | Semaines de |
| 8:20 | | | | | | | Match |
| 8:30 | | | | | | 9h00 | |
| 8:40 | | | | | | | |
| 8:50 | | | | | | | |
| 9:00 | | | | | | | |
| 9:10 | | | | | | | |
| 9:20 | | | | | | | 9h20 |
| 9:30 | | | | | | | |
| 9:40 | | | | | | | |
| 9:50 | | | | | | | |
| 10:00 | | | Mercredi matin fonction | | | | |
| 10:10 | | | de l'organisation de | | | | |
| 10:20 | | | l'Educ. Nat. l'année | | | | |
| 10:30 | | | prochaine | | | | |
| 10:40 | | | | | | | |
| 10:50 | | | | | | | |
| 11:00 | | | 11H00 | | | 11H05 | |
| 11:10 | | | Initiation 2e année | | | Initiation | |
| 11:20 | | | Loisir | | | | |
| 11:30 | | | | | | 11h50 | |
| 11:40 | | | 11h45 | | | Ado-Adultes Débutants | |
| 11:50 | | | | | | Loisir | |
| 12:00 | | | | | | Détection/Avenir | |
| 12:10 | | | | | | 12h50 | |
| 12:20 | | | | | | Ado-Adultes Avancés | |
| 12:30 | | | | | | Groupe Spectacle | |
| 12:40 | | | | | | 13H50 | |
| 12:50 | | | | | | | |
| 13:00 | | | 13h00 | | | | |
| 13:10 | | | Détection/ Avenir | | | | |
| 13:20 | | | | | | | |
| 13:30 | | | | | | | |
| 13:40 | | | | | | | |
| 13:50 | | | 13h45 | | | | |
| 14:00 | | | | | | | |
| 14:10 | | | | | | | |
| 14:20 | | | | | | | |
| 14:30 | | | | | | | |
| 14:40 | | | | | | | |
| 14:50 | | | | | | | |
| 15:00 | | | | | | | |
| 15:10 | | | | | | | |
| 15:20 | | | | | | | |
| 15:30 | | | | | | | |
| 15:40 | | | | | | | |
| 15:50 | | | | | | | |
| 16:00 | | | | | | | |
| 16:10 | | | | | | | |
| 16:20 | | | | | | | |
| 16:30 | | | | | | | |
| 16:40 | | | | | | | |
| 16:50 | | | | | | | |
| 17:00 | | | 17H00 | | | 17h00 | |
| 17:10 | | | Initiation | | 17H00 | Détection/Avenir | |
| 17:20 | | | | | Loisir | Loisirs Avancés | |
| 17:30 | | | | | | | |
| 17:40 | | | | | | | |
| 17:50 | | | | | | | |
| 18:00 | | | 17h45 | | 17h45 | 18h15 | |
| 18:10 | | | Toutes Compets | | Loisirs Avancés | Précompétition | |
| 18:20 | | | | | Précompétition | | |
| 18:30 | | | | | | 18h40 | |
| 18:40 | | | 18h40 | 18h45 | 18h45 | Compétition Kid | |
| 18:50 | | | Loisirs Avancés | Compet N + | Compétition | Semaines sans Match | |
| 19:00 | | | Précompétition | Junior | Kid | | |
| 19:10 | 19H05 | | | | | | |
| 19:20 | Loisirs Avancés | | | | | | |
| 19:30 | Précompétition | | | | | | |
| 19:40 | | | | | | | |
| 19:50 | 19h50 | | | | | | |
| 20:00 | | | | | | | |
| 20:10 | Toutes Compets | | | | | | |
| 20:20 | | | | | | | |
| 20:30 | | | | | | | |
| 20:40 | 20h40 | | | | | | |
| 20:50 | Ado - Adultes | | | | | | |
| 21:00 | | | | | | | |
| 21:10 | | | | | | | |
| 21:20 | | | | | | | |
| 21:30 | 21h40 | | | | | | |
| 21:40 | | | | | | | |
| 21:50 | 22h00 | | | | | | |