

PLANNING DOJO ASSOCIATIONS 2010 / 2011

J U N - D I	MATIN / APRES MIDI	
	16 H 30 – 17 H 00	
	17 H 00 – 17 H 30	
	17 H 30 – 18 H 00	
	18 H 00 – 18 H 30	
	18 H 30 – 19 H 00	
	19 H 00 – 19 H 30	
	19 H 30 – 20 H 00	JUDO
	20 H 00 – 20 H 30	
	20 H 30 – 21 H 00	
	21 H 00 – 21 H 30	
	21 H 30 – 22 H 00	
	22 H 00 – 22 H 30	
	22 H 30 – 23 H 00	

M A R D I	MATIN / APRES MIDI	
	16 H 30 – 17 H 00	
	17 H 00 – 17 H 30	
	17 H 30 – 18 H 00	
	18 H 00 – 18 H 30	
	18 H 30 – 19 H 00	JUDO
	19 H 00 – 19 H 30	
	19 H 30 – 19 H 45	SOURIRE ET DÉTENTE
	20 H 00 – 20 H 30	
	20 H 30 – 21 H 00	
	21 H 00 – 21 H 30	
	21 H 30 – 22 H 00	
	22 H 00 – 22 H 30	
	22 H 30 – 23 H 00	

M E R C R E D I	MATIN	
	12 H 00 – 12 H 30	
	12 H 30 – 13 H 00	
	13 H 00 – 13 H 30	
	13 H 30 – 14 H 00	
	14 H 00 – 14 H 30	
	14 H 30 – 15 H 00	
	15 H 00 – 15 H 30	
	15 H 30 – 16 H 00	
	16 H 00 – 16 H 30	
	16 H 30 – 17 H 00	
	17 H 00 – 17 H 30	JUDO
	17 H 30 – 18 H 00	
	18 H 00 – 18 H 30	
	18 H 30 – 19 H 00	
	19 H 00 – 19 H 30	
	19 H 30 – 20 H 00	
	20 H 00 – 20 H 30	SOURIRE ET DÉTENTE
	20 H 30 – 21 H 00	
	21 H 00 – 21 H 30	
21 H 30 – 22 H 00		
22 H 00 – 22 H 30		
22 H 30 – 23 H 00		

J E N - D I C E M	MATIN / APRES MIDI	
	16 H 30 – 17 H 00	
	17 H 00 – 17 H 30	
	17 H 30 – 18 H 00	
	18 H 00 – 18 H 30	
	18 H 30 – 19 H 00	JUDO
	19 H 00 – 19 H 30	
	19 H 30 – 19 H 45	
	20 H 00 – 20 H 30	GYM VOLONTAIRE
	20 H 30 – 21 H 15	
	21 H 15 – 21 H 30	
	21 H 30 – 22 H 00	
	22 H 00 – 22 H 30	
	22 H 30 – 23 H 00	

V E N D R E D I - D E C E M B R E	MATIN / APRES MIDI	
	16 H 30 – 17 H 00	
	17 H 00 – 17 H 30	
	17 H 30 – 18 H 00	
	18 H 00 – 18 H 30	
	18 H 30 – 19 H 00	
	19 H 00 – 19 H 30	
	19 H 30 – 20 H 00	JUDO
	20 H 00 – 20 H 30	
	20 H 30 – 21 H 00	
	21 H 00 – 21 H 30	
	21 H 30 – 22 H 00	
	22 H 00 – 22 H 30	
	22 H 30 – 23 H 00	

S A M E D I - D I C E M B R E		
	9 H 00 – 9 H 30	ACCOLADE Baby gym
	9 H 30 – 10 H 00	
	10 H 00 – 10 H 30	
	10 H 30 – 11 H 00	
	11 H 00 – 11 H 30	
	11 H 30 – 13 H 00	
	14 H 00 – 14 H 30	
	14 H 30 – 15 H 00	
	15 H 00 – 15 H 30	
	15 H 30 - 16 H 00	
	16 H 30 – 17 H 00	
	17 H 00 – 20H 00	

D I M A N C H E	MATIN 9 H – 12 H	
	APRES MIDI	