

| LUNDI | 12h-13h | 13h-14h | 14h-15h | 15h-16h | 16h-17h | 17h-18h | 18h-19h | 19h-20h | 20h-21h | 21h-22h | |
|---------------------|-----------------|---------|------------------|---------|-------------------|----------------|-------------|--------------|-------------|---------|--|
| Salle REF | | | | | | | | | | | |
| Danse pinede | | | | | | TANGO ARGENTIN | QI GONG | | | | |
| Dojo pinede | SELF-DEFENSE | | | | | | | | | | |
| Gymnase pinede | BADMINTON (P) | | | | | BADMINTON | VOLLEY-BALL | | | | |
| Squash des Arènes | | | | | | SQUASH | | | | | |
| MARDI | 12h-13h | 13h-14h | 14h-15h | 15h-16h | 16h-17h | 17h-18h | 18h-19h | 19h-20h | 20h-21h | 21h-22h | |
| Salle REF | CARDIO-TRAINING | | | | | | | | | | |
| Danse pinede | DANSE | | | | | PILATES | MODERN JAZZ | | HIP-HOP | | |
| Dojo pinede | | | | | | CARDIO BOXE | BOXE | | | | |
| Gymnase pinede | HANDBALL | | | | | BASKET-BALL | FUTSAL | | VOLLEY-BALL | | |
| Bloc session | | | | | | | | ESCALADE | | | |
| Bastide terrain 9 | | | | | | | | | RUGBY | | |
| MERCREDI | 12h-13h | 13h-14h | 14h-15h | 15h-16h | 16h-17h | 17h-18h | 18h-19h | 19h-20h | 20h-21h | 21h-22h | |
| Salle REF | CARDIO TRAINING | | | | | | | | | | |
| Danse pinede | FITNESS (P) | | | | | ZUMB'DANCE | FITNESS | | | | |
| Dojo pinede | | | | | | | | | | | |
| Gymnase pinede | FUTSAL (P) | | | | | BASKET-BALL | HAND-BALL | | | | |
| Stade Rouviere | | | | | | | | | FOOTBALL | | |
| JEUDI | 12h-13h | 13h-14h | 14h-15h | 15h-16h | 16h-17h | 17h-18h | 18h-19h | 19h-20h | 20h-21h | 21h-22h | |
| Salle REF | CARDIO TRAINING | | | | | RENFORCEMENT | MUSCULATION | | | | |
| Danse pinede | YOGA (P) | | DANSE (UE) | | | | | YOGA | | | |
| Dojo pinede | BOXE | | JJB | | SELF-DEFENSE (UE) | | | | | | |
| Gymnase pinede | HANDBALL (UE) | | BASE-BALL 5 (UE) | | BADMINTON (UE) | | | COMPETITIONS | | | |
| Nemausa | NATATION (UE) | | NATATION | | | | | | | | |
| Bloc session | | | | | | ESCALADE | | | | | |
| G.Lessut St Cesaire | | | | | | | | | FOOTBALL | | |
| VENDREDI | 12h-13h | 13h-14h | 14h-15h | 15h-16h | 16h-17h | 17h-18h | 18h-19h | 19h-20h | 20h-21h | 21h-22h | |
| SALLE REF | MUSCULATION | | | | | | | | | | |
| Danse pinede | QI GONG (P) | | | | | | | | | | |
| Dojo pinede | | | | | | | | | | | |
| Gymnase Pinede | FUTSAL | | | | | BASE-BALL 5 | | | | | |