









































# Intra-muros

Activité intra-muros	Jour #1	Jour #2	Jour #3	Jour #4	Jour #5	Jour #6	Jour #7	Jour #8	Jour #9
Gym #1	Hockey Ball 	Soccer 	Badminton libre 	Soccer 1 cycle 	Soccer 2 cycle 	Soccer 2 cycle 	Hockey Ball 	Soccer 1 cycle 	Soccer 2 cycle 
Gym #2	Hockey Ball 	Basket-ball libre 	Hockey Ball 	Basket-ball libre 	Hockey Ball 	Soccer 1 cycle 	Soccer 1 cycle 	Hockey ball 1 cycle 	Hockey ball
Salle de musculation	OUVERTE	OUVERTE	OUVERTE	OUVERTE		OUVERTE	OUVERTE		
Tennis de table	1 cycle 	2 cycle 	1 cycle 	2 cycle 	1 cycle 	2 cycle 	1 cycle 	2 cycle 	1 cycle 

# Intra-muros

Activité intra-muros	Jour #1	Jour #2	Jour #3	Jour #4	Jour #5	Jour #6	Jour #7	Jour #8	Jour #9
Gym #1	Hockey Ball 	Soccer 	Badminton libre 	Soccer 1 cycle 	Soccer 2 cycle 	Soccer 2 cycle 	Hockey Ball 	Soccer 1 cycle 	Soccer 2 cycle 
Gym #2	Hockey Ball 	Basket-ball libre 	Hockey Balle 	Basket-ball libre 	Hockey Balle 	Soccer 1 cycle 	Soccer 1 cycle 	Soccer 1 cycle 	Hockey balle 
Salle de musculation	OUVERTE	OUVERTE	OUVERTE	OUVERTE		OUVERTE	OUVERTE		
Tennis de table	1 cycle 	2 cycle 	1 cycle 	2 cycle 	1 cycle 	2 cycle 	1 cycle 	2 cycle 	1 cycle 