

Saison : **2024** --- **2025**

Calendrier des activités de "Mieux Vivre"



| | SEPTEMBRE | OCTOBRE | NOVEMBRE | DÉCEMBRE | JANVIER | FÉVRIER | MARS | AVRIL | MAI | JUIN |
|----|-----------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| 01 | dim | | 01 mar Yoga | 01 ven | 01 dim | 01 mer | 01 sam Qi Gong | 01 mar Yoga | 01 jeu | 01 dim |
| 02 | lun | 02 mer Qi Gong | 02 sam | 02 lun | 02 jeu | 02 dim | 02 dim | 02 mer Qi Gong | 02 ven Pila1&2/Yoga | 02 lun |
| 03 | mar | 03 jeu Sophro | 03 dim | 03 mar Yoga | 03 ven | 03 lun | 03 lun | 03 jeu Sophro | 03 sam Qi Gong | 03 mar Yoga |
| 04 | mer | 04 ven Pilates/Yoga | 04 lun | 04 mer Qi Gong | 04 sam Qi Gong | 04 mar Yoga | 04 mar Yoga | 04 ven Pila1&2/Yoga | 04 dim | 04 mer Qi Gong |
| 05 | jeu | 05 sam Qi Gong | 05 mar Yoga | 05 jeu Sophro | 05 dim | 05 mer Qi Gong | 05 mer Qi Gong | 05 sam | 05 lun | 05 jeu Sophro |
| 06 | ven | 06 dim | 06 mer Qi Gong | 06 ven Pila1&2/Yoga | 06 lun | 06 jeu Sophro | 06 jeu Sophro | 06 dim | 06 mar Yoga | 06 ven Pila1&2/Yoga |
| 07 | sam | 07 lun | 07 jeu Sophro | 07 sam Qi Gong | 07 mar Yoga | 07 ven Pila1&2/Yoga | 07 ven Pila1&2/Yoga | 07 lun | 07 mer Qi Gong | 07 sam Qi Gong |
| 08 | dim | 08 mar Yoga | 08 ven Pila1&2/Yoga | 08 dim | 08 mer Qi Gong | 08 sam Qi Gong | 08 sam Qi Gong | 08 mar | 08 jeu | 08 dim |
| 09 | lun | 09 mer Qi Gong | 09 sam Qi Gong | 09 lun | 09 jeu Sophro | 09 dim | 09 dim | 09 mer | 09 ven Pila1&2/Yoga | 09 lun |
| 10 | mar | Yoga doux | 10 jeu | 10 dim | 10 mar Yoga | 10 ven Pila1&2/Yoga | 10 lun | 10 jeu | 10 sam Qi Gong | 10 mar Yoga |
| 11 | mer | 11 ven Pilates/Yoga | 11 lun | 11 mer Qi Gong | 11 sam Qi Gong | 11 mar | 11 mar Yoga | 11 ven | 11 dim | 11 mer Qi Gong |
| 12 | jeu | Sophro | 12 sam Qi Gong | 12 mar Yoga | 12 jeu Sophro | 12 dim | 12 mer Qi Gong | 12 sam | 12 lun | 12 jeu Sophro |
| 13 | ven | Pilates/Yoga | 13 dim | 13 mer Qi Gong | 13 ven Pila1&2/Yoga | 13 lun | 13 jeu Sophro | 13 dim | 13 mar Yoga | 13 ven Pila1&2/Yoga |
| 14 | sam | Qi Gong | 14 lun | 14 jeu Sophro | 14 sam Qi Gong | 14 mar Yoga | 14 ven Pila1&2/Yoga | 14 lun | 14 mer Qi Gong | 14 sam Qi Gong |
| 15 | dim | 15 mar Yoga | 15 ven Pila1&2/Yoga | 15 dim | 15 mer Qi Gong | 15 sam | 15 sam Qi Gong | 15 mar | 15 jeu Sophro | 15 dim |
| 16 | lun | 16 mer Qi Gong | 16 sam Qi Gong | 16 lun | 16 jeu Sophro | 16 dim | 16 dim | 16 mer | 16 ven Pila1&2/Yoga | 16 lun |
| 17 | mar | Yoga | 17 jeu Sophro | 17 dim | 17 mar Yoga | 17 ven Pila1&2/Yoga | 17 lun | 17 jeu | 17 sam Qi Gong | 17 mar Yoga tonique |
| 18 | mer | Qi Gong | 18 ven Pilates/Yoga | 18 lun | 18 mer Qi Gong | 18 sam Qi Gong | 18 mar Yoga | 18 ven | 18 dim | 18 mer Qi Gong |
| 19 | jeu | Sophro | 19 sam | 19 mar Yoga | 19 jeu Sophro | 19 dim | 19 mer Qi Gong | 19 sam | 19 lun | 19 jeu Sophro |
| 20 | ven | Pilates/Yoga | 20 dim | 20 mer Qi Gong | 20 ven Pila1&2/Yoga | 20 lun | 20 jeu Sophro | 20 dim | 20 mar Yoga | 20 ven Pilates 2 |
| 21 | sam | Qi Gong | 21 lun | 21 jeu | 21 sam | 21 mar Yoga | 21 ven Pila1&2/Yoga | 21 lun | 21 mer Qi Gong | 21 sam Qi Gong |
| 22 | dim | 22 mar | 22 ven Pilates/Yoga | 22 dim | 22 mer Qi Gong | 22 sam | 22 sam Qi Gong | 22 mar Yoga | 22 jeu Sophro | 22 dim |
| 23 | lun | 23 mer | 23 sam Qi Gong | 23 lun | 23 jeu Sophro | 23 dim | 23 dim | 23 mer Qi Gong | 23 ven Pila1&2/Yoga | 23 lun |
| 24 | mar | Yoga | 24 jeu | 24 dim | 24 mar | 24 ven Pila1&2/Yoga | 24 lun | 24 jeu Sophro | 24 sam Qi Gong | 24 mar |
| 25 | mer | Qi Gong | 25 ven | 25 lun | 25 mer | 25 sam Qi Gong | 25 mar Yoga | 25 mar Yoga | 25 ven Pila1&2/Yoga | 25 dim |
| 26 | jeu | Sophro | 26 sam | 26 mar Yoga | 26 jeu | 26 dim | 26 mer Qi Gong | 26 mer Qi Gong | 26 sam Qi Gong | 26 lun |
| 27 | ven | Pilates/Yoga | 27 dim | 27 mer Qi Gong | 27 ven | 27 lun | 27 jeu Sophro | 27 jeu Sophro | 27 dim | 27 ven |
| 28 | sam | Qi Gong | 28 lun | 28 jeu Sophro | 28 sam | 28 mar Yoga | 28 ven Pila1&2/Yoga | 28 ven Pila1&2/Yoga | 28 lun | 28 sam |
| 29 | dim | 29 mar | 29 ven Pila1&2/Yoga | 29 dim | 29 mer Qi Gong | 29 | 29 sam Qi Gong | 29 mar Yoga | 29 jeu | 29 dim |
| 30 | lun | 30 mer | 30 sam Qi Gong | 30 lun | 30 jeu Sophro | | 30 dim | 30 mer Qi Gong | 30 ven | 30 lun |
| | | 31 jeu | | 31 mar | 31 ven Pila1&2/Yoga | | 31 lun | | 31 sam | |

Vacances scolaires

Version du 20/01/2025