

Planning du dojo de Lens

| | | septembre | octobre | novembre | | décembre | janvier | février |
|----|---|-----------|---------|----------|----|----------|---------|---------|
| 1 | D | | M | V | 1 | D | M | S |
| 2 | L | | M | S | 2 | L | J | D |
| 3 | M | | J | D | 3 | M | V | L |
| 4 | M | | V | L | 4 | M | S | M |
| 5 | J | | S | M | 5 | J | D | M |
| 6 | V | | D | M | 6 | V | L | J |
| 7 | S | | L | J | 7 | S | M | V |
| 8 | D | | M | V | 8 | D | M | S |
| 9 | L | | M | S | 9 | L | J | D |
| 10 | M | | J | D | 10 | M | V | L |
| 11 | M | | V | L | 11 | M | S | M |
| 12 | J | | S | M | 12 | J | D | M |
| 13 | V | | D | M | 13 | V | L | J |
| 14 | S | | L | J | 14 | S | M | V |
| 15 | D | | M | V | 15 | D | M | S |
| 16 | L | | M | S | 16 | L | J | D |
| 17 | M | | J | D | 17 | M | V | L |
| 18 | M | Rentrée | V | L | 18 | M | S | M |
| 19 | J | | S | M | 19 | J | D | M |
| 20 | V | | D | M | 20 | V | L | J |
| 21 | S | | L | J | 21 | S | M | V |
| 22 | D | | M | V | 22 | D | M | S |
| 23 | L | | M | S | 23 | L | J | D |
| 24 | M | | J | D | 24 | M | V | L |
| 25 | M | | V | L | 25 | M | S | M |
| 26 | J | | S | M | 26 | J | D | M |
| 27 | V | | D | M | 27 | V | L | J |
| 28 | S | | L | J | 28 | S | M | V |
| 29 | D | | M | V | 29 | D | M | |
| 30 | L | | M | S | 30 | L | J | |
| 31 | | | J | | 31 | M | V | |

Aikido

dernière mise à jour le 07/09/13

Planning du dojo de Lens

| | | mars | | avril | | mai | | | | juin | | juillet | |
|----|---|--------------------|--|-------|--|-----|--------------------|----|---|------|--|---------|----------------|
| 1 | S | | | M | | J | | 1 | D | | | M | |
| 2 | D | | | M | | V | | 2 | L | | | M | |
| 3 | L | | | J | | S | | 3 | M | | | J | |
| 4 | M | | | V | | D | | 4 | M | | | V | |
| 5 | M | | | S | | L | | 5 | J | | | S | |
| 6 | J | | | D | | M | | 6 | V | | | D | |
| 7 | V | | | L | | M | | 7 | S | | | L | |
| 8 | S | | | M | | J | | 8 | D | | | M | |
| 9 | D | | | M | | V | | 9 | L | | | M | |
| 10 | L | | | J | | S | | 10 | M | | | J | |
| 11 | M | | | V | | D | | 11 | M | | | V | |
| 12 | M | | | S | | L | Conférence à Lille | 12 | J | | | S | Stage de Brest |
| 13 | J | | | D | | M | | 13 | V | | | D | |
| 14 | V | | | L | | M | | 14 | S | | | L | |
| 15 | S | | | M | | J | | 15 | D | | | M | |
| 16 | D | | | M | | V | | 16 | L | | | M | |
| 17 | L | Conférence à Lille | | J | | S | Stage de Lens | 17 | M | | | J | |
| 18 | M | | | V | | D | | 18 | M | | | V | |
| 19 | M | | | S | | L | | 19 | J | | | S | |
| 20 | J | | | D | | M | | 20 | V | | | D | |
| 21 | V | | | L | | M | | 21 | S | | | L | |
| 22 | S | Stage de Lens | | M | | J | | 22 | D | | | M | |
| 23 | D | | | M | | V | | 23 | L | | | M | |
| 24 | L | | | J | | S | | 24 | M | | | J | |
| 25 | M | | | V | | D | | 25 | M | | | V | |
| 26 | M | | | S | | L | | 26 | J | | | S | |
| 27 | J | | | D | | M | | 27 | V | | | D | |
| 28 | V | | | L | | M | | 28 | S | | | L | |
| 29 | S | | | M | | J | | 29 | D | | | M | |
| 30 | D | | | M | | V | | 30 | L | | | M | |
| 31 | L | | | | | S | | 31 | | | | J | |

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