

# Calendrier des Séances - Saison 2023/2024

## Yoga des Vallons

Assemblée Générale

le jeudi 25 janvier 2024

à l'Espace Galatée

| Jour     | Horaire       | Lieu                                   |
|----------|---------------|----------------------------------------|
| Lundi    | 17h45 - 19h15 | Pont-Réan Salle Henri Brouillard       |
| Lundi    | 19h30 - 21h   | Pont-Réan Salle Henri Brouillard       |
| Mardi    | 20h - 21h30   | Guichen Salle J. Baker n°1             |
| Mercredi | 9h - 10h30    | Guichen Salle J. Baker n°1             |
| Mercredi | 10h45 - 12h15 | Guichen Salle J. Baker n°1             |
| Mercredi | 18h - 19h30   | Pont-Réan Salle Henri Brouillard       |
| mercredi | 20h - 21h30   | St-Senoux Salle motricité Pôle Enfance |
| Vendredi | 16h15 - 17h45 | Guichen Salle J. Baker n°3             |
| Vendredi | 18h - 19h30   | Guichen Salle J. Baker n°3             |
| Samedi   | 9h - 10h30    | Guichen Salle J. Baker n°3             |

| 2023      |   |                    |         |   |                    |          |   |                    |          |   |                    | 2024    |   |                    |         |   |                    |      |   |                    |       |   |                    |     |   |                    |      |   |         |    |   |                    |
|-----------|---|--------------------|---------|---|--------------------|----------|---|--------------------|----------|---|--------------------|---------|---|--------------------|---------|---|--------------------|------|---|--------------------|-------|---|--------------------|-----|---|--------------------|------|---|---------|----|---|--------------------|
| septembre |   |                    | octobre |   |                    | novembre |   |                    | décembre |   |                    | janvier |   |                    | février |   |                    | mars |   |                    | avril |   |                    | mai |   |                    | juin |   | juillet |    |   |                    |
| 1         | V |                    | 1       | D |                    | 1        | M |                    | 1        | V | yoga               | 1       | L |                    | 1       | J |                    | 1    | V |                    | 1     | L | L de Pâque         | 1   | M |                    | 1    | S | yoga    | 1  | L | yoga               |
| 2         | S | vacances scolaires | 2       | L | yoga               | 2        | J | vacances scolaires | 2        | S | yoga               | 2       | M |                    | 2       | V | yoga               | 2    | S |                    | 2     | M | yoga               | 2   | J | vacances scolaires | 2    | D |         | 2  | M | yoga               |
| 3         | D |                    | 3       | M | yoga               | 3        | V |                    | 3        | D |                    | 3       | M | vacances scolaires | 3       | S | yoga               | 3    | D |                    | 3     | M | yoga               | 3   | V |                    | 3    | L | yoga    | 3  | M | yoga               |
| 4         | L |                    | 4       | M | yoga               | 4        | S |                    | 4        | L | yoga               | 4       | J |                    | 4       | D |                    | 4    | L |                    | 4     | J |                    | 4   | S |                    | 4    | M | yoga    | 4  | J |                    |
| 5         | M |                    | 5       | J |                    | 5        | D |                    | 5        | M | yoga               | 5       | V |                    | 5       | L | yoga               | 5    | M | vacances scolaires | 5     | V | yoga               | 5   | D |                    | 5    | M | yoga    | 5  | V | yoga               |
| 6         | M |                    | 6       | V | yoga               | 6        | L | yoga               | 6        | M | yoga               | 6       | S |                    | 6       | M | yoga               | 6    | M |                    | 6     | S | yoga               | 6   | L | yoga               | 6    | J |         | 6  | S | yoga               |
| 7         | J |                    | 7       | S | yoga               | 7        | M | yoga               | 7        | J |                    | 7       | D |                    | 7       | M | yoga               | 7    | J |                    | 7     | D |                    | 7   | M | yoga               | 7    | V | yoga    | 7  | D |                    |
| 8         | V |                    | 8       | D |                    | 8        | M | yoga               | 8        | V | yoga               | 8       | L | yoga               | 8       | J |                    | 8    | V |                    | 8     | L | yoga               | 8   | M | férié              | 8    | S | yoga    | 8  | L |                    |
| 9         | S |                    | 9       | L | yoga               | 9        | J |                    | 9        | S | yoga               | 9       | M |                    | 9       | V | yoga               | 9    | S |                    | 9     | M | yoga               | 9   | J |                    | 9    | D |         | 9  | D |                    |
| 10        | D |                    | 10      | M | yoga               | 10       | V | yoga               | 10       | D |                    | 10      | M |                    | 10      | S | yoga               | 10   | D |                    | 10    | M | yoga               | 10  | V | Ascension          | 10   | L | yoga    | 10 | M |                    |
| 11        | L | yoga               | 11      | M | yoga               | 11       | S | férié              | 11       | L | yoga               | 11      | J |                    | 11      | D |                    | 11   | L | yoga               | 11    | J |                    | 11  | S |                    | 11   | M | yoga    | 11 | J |                    |
| 12        | M | yoga               | 12      | J |                    | 12       | D |                    | 12       | M | yoga               | 12      | V | yoga               | 12      | L | yoga               | 12   | M | yoga               | 12    | V | yoga               | 12  | D |                    | 12   | M | yoga    | 12 | V |                    |
| 13        | M | yoga               | 13      | V | yoga               | 13       | L | yoga               | 13       | M | yoga               | 13      | S | yoga               | 13      | M | yoga               | 13   | M | yoga               | 13    | S | yoga               | 13  | L | yoga               | 13   | J |         | 13 | S |                    |
| 14        | J |                    | 14      | S | yoga               | 14       | M | yoga               | 14       | J |                    | 14      | D |                    | 14      | M | yoga               | 14   | J |                    | 14    | D |                    | 14  | M | yoga               | 14   | V | yoga    | 14 | D |                    |
| 15        | V | yoga               | 15      | D |                    | 15       | M | yoga               | 15       | V | yoga               | 15      | L | yoga               | 15      | J |                    | 15   | V | yoga               | 15    | L | yoga               | 15  | M | yoga               | 15   | S | yoga    | 15 | S | yoga               |
| 16        | S | yoga               | 16      | L | yoga               | 16       | J |                    | 16       | S | yoga               | 16      | M | yoga               | 16      | V | yoga               | 16   | S | yoga               | 16    | M | yoga               | 16  | J |                    | 16   | D |         | 16 | D |                    |
| 17        | D |                    | 17      | M | yoga               | 17       | V | yoga               | 17       | D |                    | 17      | M | yoga               | 17      | S | yoga               | 17   | D |                    | 17    | M | yoga               | 17  | V | yoga               | 17   | L | yoga    | 17 | M |                    |
| 18        | L | yoga               | 18      | M | yoga               | 18       | S | yoga               | 18       | L | yoga               | 18      | J |                    | 18      | D |                    | 18   | L | yoga               | 18    | J |                    | 18  | S | yoga               | 18   | M | yoga    | 18 | J |                    |
| 19        | M | yoga               | 19      | J |                    | 19       | D |                    | 19       | M | yoga               | 19      | V | yoga               | 19      | L | yoga               | 19   | M | yoga               | 19    | V | yoga               | 19  | D |                    | 19   | M | yoga    | 19 | V | vacances scolaires |
| 20        | M | yoga               | 20      | V | yoga               | 20       | L | yoga               | 20       | M | yoga               | 20      | S | yoga               | 20      | M | yoga               | 20   | M | yoga               | 20    | S | yoga               | 20  | L | yoga               | 20   | J |         | 20 | S |                    |
| 21        | J |                    | 21      | S | yoga               | 21       | M | yoga               | 21       | J |                    | 21      | D |                    | 21      | M | yoga               | 21   | J |                    | 21    | D |                    | 21  | M | yoga               | 21   | V | yoga    | 21 | D |                    |
| 22        | V | yoga               | 22      | D |                    | 22       | M | yoga               | 22       | V | yoga               | 22      | L | yoga               | 22      | J |                    | 22   | V | yoga               | 22    | L |                    | 22  | M | yoga               | 22   | S | yoga    | 22 | L |                    |
| 23        | S | yoga               | 23      | L |                    | 23       | J |                    | 23       | M | yoga               | 23      | M | yoga               | 23      | V | yoga               | 23   | S | yoga               | 23    | M |                    | 23  | J |                    | 23   | D |         | 23 | D |                    |
| 24        | D |                    | 24      | M |                    | 24       | V | yoga               | 24       | D |                    | 24      | M | yoga               | 24      | S | yoga               | 24   | D |                    | 24    | M |                    | 24  | V | yoga               | 24   | L | yoga    | 24 | M |                    |
| 25        | L | yoga               | 25      | M |                    | 25       | S | yoga               | 25       | L |                    | 25      | J | AG                 | 25      | D |                    | 25   | L | yoga               | 25    | J | vacances scolaires | 25  | S | yoga               | 25   | M | yoga    | 25 | J |                    |
| 26        | M | yoga               | 26      | J | vacances scolaires | 26       | D |                    | 26       | M |                    | 26      | V | yoga               | 26      | L | vacances scolaires | 26   | M | yoga               | 26    | V |                    | 26  | D |                    | 26   | M | yoga    | 26 | V |                    |
| 27        | M | yoga               | 27      | V |                    | 27       | L | yoga               | 27       | M | vacances scolaires | 27      | S | yoga               | 27      | M |                    | 27   | M | yoga               | 27    | S |                    | 27  | L | yoga               | 27   | J |         | 27 | S |                    |
| 28        | J |                    | 28      | S |                    | 28       | M | yoga               | 28       | J |                    | 28      | D |                    | 28      | M |                    | 28   | J |                    | 28    | D |                    | 28  | M | yoga               | 28   | V | yoga    | 28 | D |                    |
| 29        | V | yoga               | 29      | D |                    | 29       | M | yoga               | 29       | V |                    | 29      | L | yoga               | 29      | J |                    | 29   | V | yoga               | 29    | L |                    | 29  | M | yoga               | 29   | S | yoga    | 29 | L |                    |
| 30        | S | yoga               | 30      | L |                    | 30       | J |                    | 30       | S |                    | 30      | M | yoga               | 30      | M |                    | 30   | S | yoga               | 30    | M |                    | 30  | J |                    | 30   | D |         | 30 | M |                    |
|           |   |                    | 31      | M |                    | 31       | D |                    | 31       | D |                    | 31      | M |                    | 31      | D | Pâques             |      |   |                    | 31    | V | yoga               |     |   |                    | 31   | M |         | 31 | M |                    |