

# Calendrier 2023-2024

|       | Septembre | Octobre | Novembre | Décembre | Janvier | Février | Mars | Avril | Mai  | Juin | Juillet |
|-------|-----------|---------|----------|----------|---------|---------|------|-------|------|------|---------|
| er 20 | V         | 1 D     | 1 M      | 1 V      | 1 L     | 1 J     | 1 V  | 1 L   | 1 M  | 1 S  | 1 L     |
| 2     | S         | 2 L     | 2 J      | 2 S      | 2 M     | 2 V     | 2 S  | 2 M   | 2 J  | 2 D  | 2 M     |
| 3     | D         | 3 M     | 3 V      | 3 D      | 3 M     | 3 S     | 3 D  | 3 M   | 3 V  | 3 L  | 3 M     |
| 4     | L         | 4 M     | 4 S      | 4 L      | 4 J     | 4 D     | 4 L  | 4 J   | 4 S  | 4 M  | 4 J     |
| 5     | M         | 5 J     | 5 D      | 5 M      | 5 V     | 5 L     | 5 M  | 5 V   | 5 D  | 5 M  | 5 V     |
| 6     | M         | 6 V     | 6 L      | 6 M      | 6 S     | 6 M     | 6 M  | 6 S   | 6 L  | 6 J  | 6 S     |
| 7     | J         | 7 S     | 7 M      | 7 J      | 7 D     | 7 M     | 7 J  | 7 D   | 7 M  | 7 V  | 7 D     |
| 8     | V         | 8 D     | 8 M      | 8 V      | 8 L     | 8 J     | 8 V  | 8 L   | 8 M  | 8 S  | 8 L     |
| 9     | S         | 9 L     | 9 J      | 9 S      | 9 M     | 9 V     | 9 S  | 9 M   | 9 J  | 9 D  | 9 M     |
| 10    | D         | 10 M    | 10 V     | 10 D     | 10 M    | 10 S    | 10 D | 10 M  | 10 V | 10 L | 10 M    |
| 11    | L         | 11 M    | 11 S     | 11 L     | 11 J    | 11 D    | 11 L | 11 J  | 11 S | 11 M | 11 J    |
| 12    | M         | 12 J    | 12 D     | 12 M     | 12 V    | 12 L    | 12 M | 12 V  | 12 D | 12 M | 12 V    |
| 13    | M         | 13 V    | 13 L     | 13 M     | 13 S    | 13 M    | 13 M | 13 S  | 13 L | 13 J | 13 S    |
| 14    | J         | 14 S    | 14 M     | 14 J     | 14 D    | 14 M    | 14 J | 14 D  | 14 M | 14 V | 14 D    |
| 15    | V         | 15 D    | 15 M     | 15 V     | 15 L    | 15 J    | 15 V | 15 L  | 15 M | 15 S | 15 L    |
| 16    | S         | 16 L    | 16 J     | 16 S     | 16 M    | 16 V    | 16 S | 16 M  | 16 J | 16 D | 16 M    |
| 17    | D         | 17 M    | 17 V     | 17 D     | 17 M    | 17 S    | 17 D | 17 M  | 17 V | 17 L | 17 M    |
| 18    | L         | 18 M    | 18 S     | 18 L     | 18 J    | 18 D    | 18 L | 18 J  | 18 S | 18 M | 18 J    |
| 19    | M         | 19 J    | 19 D     | 19 M     | 19 V    | 19 L    | 19 M | 19 V  | 19 D | 19 M | 19 V    |
| 20    | M         | 20 V    | 20 L     | 20 M     | 20 S    | 20 M    | 20 M | 20 S  | 20 L | 20 J | 20 S    |
| 21    | J         | 21 S    | 21 M     | 21 J     | 21 D    | 21 M    | 21 J | 21 D  | 21 M | 21 V | 21 D    |
| 22    | V         | 22 D    | 22 M     | 22 V     | 22 L    | 22 J    | 22 V | 22 L  | 22 M | 22 S | 22 L    |
| 23    | S         | 23 L    | 23 J     | 23 S     | 23 M    | 23 V    | 23 S | 23 M  | 23 J | 23 D | 23 M    |
| 24    | D         | 24 M    | 24 V     | 24 D     | 24 M    | 24 S    | 24 D | 24 M  | 24 V | 24 L | 24 M    |
| 25    | L         | 25 M    | 25 S     | 25 L     | 25 J    | 25 D    | 25 L | 25 J  | 25 S | 25 M | 25 J    |
| 26    | M         | 26 J    | 26 D     | 26 M     | 26 V    | 26 L    | 26 M | 26 V  | 26 D | 26 M | 26 V    |
| 27    | M         | 27 V    | 27 L     | 27 M     | 27 S    | 27 M    | 27 M | 27 S  | 27 L | 27 J | 27 S    |
| 28    | J         | 28 S    | 28 M     | 28 J     | 28 D    | 28 M    | 28 J | 28 D  | 28 M | 28 V | 28 D    |
| 29    | V         | 29 D    | 29 M     | 29 V     | 29 L    | 29 J    | 29 V | 29 L  | 29 M | 29 S | 29 L    |
| 30    | S         | 30 L    | 30 J     | 30 S     | 30 M    | 30 S    | 30 S | 30 M  | 30 J | 30 D | 30 M    |
|       |           | 31 M    |          | 31 D     | 31 M    |         | 31 D |       | 31 V |      | 31 M    |

- Qi Gong initiation
  - Qi Gong maîtrise
  - Tai Chi Chuan
  - Cours commun
- Lundi 18h30  
 Lundi 20h00  
 Jeudi 18h30

# Calendrier 2023-2024

| Septembre |     | Octobre |     | Novembre |           | Décembre |     | Janvier |     | Février |                    | Mars |           | Avril |     | Mai  |           | Juin |     | Juillet |  |
|-----------|-----|---------|-----|----------|-----------|----------|-----|---------|-----|---------|--------------------|------|-----------|-------|-----|------|-----------|------|-----|---------|--|
| 1 V       |     | 1 D     |     | 1 M      |           | 1 V      |     | 1 L     |     | 1 J     | TQJ                | 1 V  | JMC/PARIS | 1 L   |     | 1 M  |           | 1 S  |     | 1 L     |  |
| 2 S       |     | 2 L     | QG  | 2 J      |           | 2 S      |     | 2 M     |     | 2 V     |                    | 2 S  | JMC/PARIS | 2 M   |     | 2 J  | TQJ       | 2 D  |     | 2 M     |  |
| 3 D       |     | 3 M     |     | 3 V      |           | 3 D      |     | 3 M     |     | 3 S     | Stage VSM avec JMC | 3 D  | JMC/PARIS | 3 M   |     | 3 V  |           | 3 L  | QG  | 3 M     |  |
| 4 L       |     | 4 M     |     | 4 S      |           | 4 L      | QG  | 4 J     |     | 4 D     |                    | 4 L  | QG        | 4 J   | TQJ | 4 S  |           | 4 M  |     | 4 J     |  |
| 5 M       |     | 5 J     | TQJ | 5 D      |           | 5 M      |     | 5 V     |     | 5 L     | QG                 | 5 M  |           | 5 V   |     | 5 D  |           | 5 M  |     | 5 V     |  |
| 6 M       |     | 6 V     |     | 6 L      | QG        | 6 M      |     | 6 S     |     | 6 M     |                    | 6 M  |           | 6 S   |     | 6 L  |           | 6 J  | TQJ | 6 S     |  |
| 7 J       |     | 7 S     |     | 7 M      |           | 7 J      | TQJ | 7 D     |     | 7 M     |                    | 7 J  | TQJ       | 7 D   |     | 7 M  |           | 7 V  |     | 7 D     |  |
| 8 V       |     | 8 D     |     | 8 M      |           | 8 V      |     | 8 L     | QG  | 8 J     | TQJ                | 8 V  |           | 8 L   | QG  | 8 M  |           | 8 S  |     | 8 L     |  |
| 9 S       |     | 9 L     | QG  | 9 J      | TQJ       | 9 S      |     | 9 M     |     | 9 V     |                    | 9 S  |           | 9 M   |     | 9 J  |           | 9 D  |     | 9 M     |  |
| 10 D      |     | 10 M    |     | 10 V     |           | 10 D     |     | 10 M    |     | 10 S    |                    | 10 D |           | 10 M  |     | 10 V |           | 10 L | QG  | 10 M    |  |
| 11 L      |     | 11 M    |     | 11 S     |           | 11 L     | QG  | 11 J    | TQJ | 11 D    |                    | 11 L | QG        | 11 J  | TQJ | 11 S |           | 11 M |     | 11 J    |  |
| 12 M      |     | 12 J    | TQJ | 12 D     |           | 12 M     |     | 12 V    |     | 12 L    | QG                 | 12 M |           | 12 V  |     | 12 D |           | 12 M |     | 12 V    |  |
| 13 M      |     | 13 V    |     | 13 L     | QG        | 13 M     |     | 13 S    |     | 13 M    |                    | 13 M |           | 13 S  |     | 13 L | QG        | 13 J | TQJ | 13 S    |  |
| 14 J      | TQJ | 14 S    |     | 14 M     |           | 14 J     | TQJ | 14 D    |     | 14 M    |                    | 14 J | TQJ       | 14 D  |     | 14 M |           | 14 V |     | 14 D    |  |
| 15 V      |     | 15 D    |     | 15 M     |           | 15 V     |     | 15 L    | QG  | 15 J    | TQJ                | 15 V |           | 15 L  |     | 15 M |           | 15 S |     | 15 L    |  |
| 16 S      |     | 16 L    | QG  | 16 J     | TQJ       | 16 S     |     | 16 M    |     | 16 V    |                    | 16 S |           | 16 M  |     | 16 J | TQJ       | 16 D |     | 16 M    |  |
| 17 D      |     | 17 M    |     | 17 V     |           | 17 D     |     | 17 M    |     | 17 S    |                    | 17 D |           | 17 M  |     | 17 V |           | 17 L |     | 17 M    |  |
| 18 L      | QG  | 18 M    |     | 18 S     |           | 18 L     | QG  | 18 J    | TQJ | 18 D    |                    | 18 L | QG        | 18 J  |     | 18 S |           | 18 M |     | 18 J    |  |
| 19 M      |     | 19 J    | TQJ | 19 D     |           | 19 M     |     | 19 V    |     | 19 L    | QG                 | 19 M |           | 19 V  |     | 19 D |           | 19 M |     | 19 V    |  |
| 20 M      |     | 20 V    |     | 20 L     | QG        | 20 M     |     | 20 S    |     | 20 M    |                    | 20 M |           | 20 S  |     | 20 L |           | 20 J |     | 20 S    |  |
| 21 J      | TQJ | 21 S    |     | 21 M     |           | 21 J     | TQJ | 21 D    |     | 21 M    |                    | 21 J | TQJ       | 21 D  |     | 21 M |           | 21 V |     | 21 D    |  |
| 22 V      |     | 22 D    |     | 22 M     |           | 22 V     |     | 22 L    | QG  | 22 J    |                    | 22 V |           | 22 L  |     | 22 M |           | 22 S |     | 22 L    |  |
| 23 S      |     | 23 L    | QG  | 23 J     | TQJ       | 23 S     |     | 23 M    |     | 23 V    |                    | 23 S |           | 23 M  |     | 23 J | TQJ       | 23 D |     | 23 M    |  |
| 24 D      |     | 24 M    |     | 24 V     |           | 24 D     |     | 24 M    |     | 24 S    |                    | 24 D |           | 24 M  |     | 24 V |           | 24 L |     | 24 M    |  |
| 25 L      | QG  | 25 M    |     | 25 S     | JMC/PARIS | 25 L     |     | 25 J    | TQJ | 25 D    |                    | 25 L | QG        | 25 J  |     | 25 S | JMC/PARIS | 25 M |     | 25 J    |  |
| 26 M      |     | 26 J    |     | 26 D     | JMC/PARIS | 26 M     |     | 26 V    |     | 26 L    |                    | 26 M |           | 26 V  |     | 26 D | JMC/PARIS | 26 M |     | 26 V    |  |
| 27 M      |     | 27 V    |     | 27 L     | QG        | 27 M     |     | 27 S    |     | 27 M    |                    | 27 M |           | 27 S  |     | 27 L | QG        | 27 J |     | 27 S    |  |
| 28 J      | TQJ | 28 S    |     | 28 M     |           | 28 J     |     | 28 D    |     | 28 M    |                    | 28 J | TQJ       | 28 D  |     | 28 M |           | 28 V |     | 28 D    |  |
| 29 V      |     | 29 D    |     | 29 M     |           | 29 V     |     | 29 L    | QG  | 29 J    |                    | 29 V |           | 29 L  | QG  | 29 M |           | 29 S |     | 29 L    |  |
| 30 S      |     | 30 L    |     | 30 J     | TQJ       | 30 S     |     | 30 M    |     | 30 S    |                    | 30 S |           | 30 M  |     | 30 J | TQJ       | 30 D |     | 30 M    |  |
|           |     | 31 M    |     |          |           | 31 D     |     | 31 M    |     |         |                    | 31 D |           |       |     | 31 V |           |      |     | 31 M    |  |

|     |   |   |   |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|---|---|---|
| QG  | 2 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 2 |
| TQJ | 2 | 3 | 4 | 3 | 2 | 3 | 4 | 2 | 4 | 2 |   |

- Qi Gong initiation      Lundi 18h30
- Qi Gong maîtrise      Lundi 20h00
- Tai Chi Chuan          Jeudi 18h30
- Cours commun

|    | pris de<br>reviens/co<br>urs | nb cours<br>commun | pris de<br>reviens/co<br>urs | pris de<br>reviens/he<br>ure | pris de<br>reviens/he<br>ure |
|----|------------------------------|--------------------|------------------------------|------------------------------|------------------------------|
| 30 | 6,67                         | 3                  | 6,06                         | 4,44                         | 4,04 Adhésion 200€ / an      |
| 30 | 8,67                         | 3                  | 7,88                         | 5,78                         | 5,25 Adhésion 260€ / an      |

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| Septembre |   |  | Octobre |   |  | Novembre |   |           | Décembre |   |  | Janvier |   |  | Février |   |                    | Mars |   |     | Avril |   |  | Mai |   |           | Juin |   |  | Juillet |   |  | Août |   |  |
|-----------|---|--|---------|---|--|----------|---|-----------|----------|---|--|---------|---|--|---------|---|--------------------|------|---|-----|-------|---|--|-----|---|-----------|------|---|--|---------|---|--|------|---|--|
| 1         | V |  | 1       | D |  | 1        | M |           | 1        | V |  | 1       | L |  | 1       | J |                    | 1    | V |     | 1     | L |  | 1   | M |           | 1    | S |  | 1       | L |  | 1    | J |  |
| 2         | S |  | 2       | L |  | 2        | J |           | 2        | S |  | 2       | M |  | 2       | V |                    | 2    | S | JMC | 2     | M |  | 2   | J |           | 2    | D |  | 2       | M |  | 2    | V |  |
| 3         | D |  | 3       | M |  | 3        | V |           | 3        | D |  | 3       | M |  | 3       | S | Stage VSM avec JMC | 3    | D |     | 3     | M |  | 3   | V |           | 3    | L |  | 3       | M |  | 3    | S |  |
| 4         | L |  | 4       | M |  | 4        | S |           | 4        | L |  | 4       | J |  | 4       | D |                    | 4    | L |     | 4     | J |  | 4   | S |           | 4    | M |  | 4       | J |  | 4    | D |  |
| 5         | M |  | 5       | J |  | 5        | D |           | 5        | M |  | 5       | V |  | 5       | L |                    | 5    | M |     | 5     | V |  | 5   | D |           | 5    | M |  | 5       | V |  | 5    | L |  |
| 6         | M |  | 6       | V |  | 6        | L |           | 6        | M |  | 6       | S |  | 6       | M |                    | 6    | M |     | 6     | S |  | 6   | L |           | 6    | J |  | 6       | S |  | 6    | M |  |
| 7         | J |  | 7       | S |  | 7        | M |           | 7        | J |  | 7       | D |  | 7       | M |                    | 7    | J |     | 7     | D |  | 7   | M |           | 7    | V |  | 7       | D |  | 7    | M |  |
| 8         | V |  | 8       | D |  | 8        | M |           | 8        | V |  | 8       | L |  | 8       | J |                    | 8    | V |     | 8     | L |  | 8   | M |           | 8    | S |  | 8       | L |  | 8    | J |  |
| 9         | S |  | 9       | L |  | 9        | J |           | 9        | S |  | 9       | M |  | 9       | V |                    | 9    | S |     | 9     | M |  | 9   | J |           | 9    | D |  | 9       | M |  | 9    | V |  |
| 10        | D |  | 10      | M |  | 10       | V |           | 10       | D |  | 10      | M |  | 10      | S |                    | 10   | D |     | 10    | M |  | 10  | V |           | 10   | L |  | 10      | M |  | 10   | S |  |
| 11        | L |  | 11      | M |  | 11       | S |           | 11       | L |  | 11      | J |  | 11      | D |                    | 11   | L |     | 11    | J |  | 11  | S |           | 11   | M |  | 11      | J |  | 11   | D |  |
| 12        | M |  | 12      | J |  | 12       | D |           | 12       | M |  | 12      | V |  | 12      | L |                    | 12   | M |     | 12    | V |  | 12  | D |           | 12   | M |  | 12      | V |  | 12   | L |  |
| 13        | M |  | 13      | V |  | 13       | L |           | 13       | M |  | 13      | S |  | 13      | M |                    | 13   | M |     | 13    | S |  | 13  | L |           | 13   | J |  | 13      | S |  | 13   | M |  |
| 14        | J |  | 14      | S |  | 14       | M |           | 14       | J |  | 14      | D |  | 14      | M |                    | 14   | J |     | 14    | D |  | 14  | M |           | 14   | V |  | 14      | D |  | 14   | M |  |
| 15        | V |  | 15      | D |  | 15       | M |           | 15       | V |  | 15      | L |  | 15      | J |                    | 15   | V |     | 15    | L |  | 15  | M |           | 15   | S |  | 15      | L |  | 15   | J |  |
| 16        | S |  | 16      | L |  | 16       | J |           | 16       | S |  | 16      | M |  | 16      | V |                    | 16   | S |     | 16    | M |  | 16  | J |           | 16   | D |  | 16      | M |  | 16   | V |  |
| 17        | D |  | 17      | M |  | 17       | V |           | 17       | D |  | 17      | M |  | 17      | S |                    | 17   | D |     | 17    | M |  | 17  | V |           | 17   | L |  | 17      | M |  | 17   | S |  |
| 18        | L |  | 18      | M |  | 18       | S |           | 18       | L |  | 18      | J |  | 18      | D |                    | 18   | L |     | 18    | J |  | 18  | S |           | 18   | M |  | 18      | J |  | 18   | D |  |
| 19        | M |  | 19      | J |  | 19       | D |           | 19       | M |  | 19      | V |  | 19      | L |                    | 19   | M |     | 19    | V |  | 19  | D |           | 19   | M |  | 19      | V |  | 19   | L |  |
| 20        | M |  | 20      | V |  | 20       | L |           | 20       | M |  | 20      | S |  | 20      | M |                    | 20   | M |     | 20    | S |  | 20  | L |           | 20   | J |  | 20      | S |  | 20   | M |  |
| 21        | J |  | 21      | S |  | 21       | M |           | 21       | J |  | 21      | D |  | 21      | M |                    | 21   | J |     | 21    | D |  | 21  | M |           | 21   | V |  | 21      | D |  | 21   | M |  |
| 22        | V |  | 22      | D |  | 22       | M |           | 22       | V |  | 22      | L |  | 22      | J |                    | 22   | V |     | 22    | L |  | 22  | M |           | 22   | S |  | 22      | L |  | 22   | J |  |
| 23        | S |  | 23      | L |  | 23       | J |           | 23       | S |  | 23      | M |  | 23      | V |                    | 23   | S |     | 23    | M |  | 23  | J |           | 23   | D |  | 23      | M |  | 23   | V |  |
| 24        | D |  | 24      | M |  | 24       | V | JMC/PARIS | 24       | D |  | 24      | M |  | 24      | S |                    | 24   | D |     | 24    | M |  | 24  | V | JMC/PARIS | 24   | L |  | 24      | M |  | 24   | S |  |
| 25        | L |  | 25      | M |  | 25       | S | JMC/PARIS | 25       | L |  | 25      | J |  | 25      | D |                    | 25   | L |     | 25    | J |  | 25  | S | JMC/PARIS | 25   | M |  | 25      | J |  | 25   | D |  |
| 26        | M |  | 26      | J |  | 26       | D |           | 26       | M |  | 26      | V |  | 26      | L |                    | 26   | M |     | 26    | V |  | 26  | D |           | 26   | M |  | 26      | V |  | 26   | L |  |
| 27        | M |  | 27      | V |  | 27       | L |           | 27       | M |  | 27      | S |  | 27      | M |                    | 27   | M |     | 27    | S |  | 27  | L |           | 27   | J |  | 27      | S |  | 27   | M |  |
| 28        | J |  | 28      | S |  | 28       | M |           | 28       | J |  | 28      | D |  | 28      | M |                    | 28   | J |     | 28    | D |  | 28  | M |           | 28   | V |  | 28      | D |  | 28   | M |  |
| 29        | V |  | 29      | D |  | 29       | M |           | 29       | V |  | 29      | L |  | 29      | J |                    | 29   | V |     | 29    | L |  | 29  | M |           | 29   | S |  | 29      | L |  | 29   | J |  |
| 30        | S |  | 30      | L |  | 30       | J |           | 30       | S |  | 30      | M |  |         |   |                    | 30   | S |     | 30    | M |  | 30  | J |           | 30   | D |  | 30      | M |  | 30   | V |  |
|           |   |  | 31      | M |  |          |   |           | 31       | D |  | 31      | M |  |         |   |                    | 31   | D |     |       |   |  | 31  | V |           |      |   |  | 31      | M |  | 31   | S |  |