

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3 *10AM-12 PFDS
4 *1PM-3 PFDS	5 5:15PM-7:45 PFDS	6	7	8	9	10 *10AM-12 PFDS
11 *1PM-3 PFDS	12 *7:45PM-9:15 PFDS	13	14	15 6PM-8 DDO	16	17
18 *4PM-6 PFDS	19 *7:45PM-9:15 PFDS	20	21	22	23	24 *10AM-12 PFDS
25 *4PM-6 PFDS	26 *7:45PM-9:15 PFDS	27	28	29	30	1
2	3	Notes *Arrive 45 minutes early for dryland training				

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 *9AM-11 PFDS
2 *2PM-4 PFDS	3 *7:45PM-9:15 PFDS	4	5	6 6PM-8 DDO	7	8 *9AM-11 PFDS
9	10 *7:45PM-9:15 PFDS	11	12	13	14	15 *9AM-11 PFDS
16 *3:45PM-5:45 PFDS	17 *7:45PM-9:15 PFDS	18	19	20	21	22 *9AM-11 PFDS
23 *4PM-6 PFDS	24 *7:45PM-9:15 PFDS	25	26	27 6PM-8 DDO	28	29
30 *1:45PM-3:45 PFDS	31 7:45PM-9:15 PFDS	Notes COMPÉTITION LILIANE-LAMBERT 15 OU 16 OCTOBRE *Arrive 45 minutes early for dryland training				

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3 6PM-8 DDO	4	5
6 *3PM-5 PFDS	7 *7:45PM-9:15 PFDS	8	9	10 6PM-8 DDO	11	12
13 *2:30PM-4:30 PFDS	14 *7:45PM-9:15 PFDS	15	16	17	18	19 8AM-10 PFDS
20 *10AM-12 PFDS	21 *7:45PM-9:15 PFDS	22	23	24 6PM-8 DDO	25	26
27 *3PM-5 PFDS	28 *7:45PM-9:15 PFDS	29	30	1	2	3
4	5	Notes COMPÉTITION LILIANE-LAMBERT 26 OU 27 NOVEMBRE *Arrive 45 minutes early for dryland training				

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 6PM-8 DDO	2	3
4 *3PM-5 PFDS	5 *7:45PM-9:15 PFDS	6	7	8	9	10 *9AM-11 PFDS
11 *3:30PM-5:45 PFDS	12 *7:45PM-9:15 PFDS	13	14	15	16	17 8AM-10 PFDS
18 *2PM-4 PFDS	19 5:45PM-7:15 PFDS	20 5PM-7 DDO	21	22 6PM-8 DDO	23	24
25	26 5:45PM-7:15 PFDS	27	28 *6PM-8 PFDS	29	30 5:45PM-7:45 PFDS	31
1	2	Notes *Arrive 45 minutes early for dryland training				

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:45PM-7:15 PFDS	3 5PM-7 DDO	4	5 6PM-8 DDO	6	7
8	9 *7:45PM-9:15 PFDS	10 5PM-7 DDO	11	12 6PM-8 DDO	13	14
15	16 *7:45PM-9:15 PFDS	17 5PM-7 DDO	18	19 6PM-8 DDO	20	21
22	23 *7:45PM-9:15 PFDS	24	25	26	27	28 8AM-10 PFDS
29 5:45PM-7:15 PFDS	30 *7:45PM-9:15 PFDS	31	1	2	3	4
5	6	Notes *Arrive 45 minutes early for dryland training				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4 8AM-10 PFDS
5 2:30PM-4:30 PFDS	6 *7:15PM-9:15 PFDS	7	8	9	10	11 *9AM-11 PFDS
12 *1PM-3 PFDS	13 *7:45PM-9:15 PFDS	14	15	16 6PM-8 DDO	17	18
19 *2:30PM-4:30 PFDS	20 *7:45PM-9:15 PFDS	21	22	23	24	25 *2PM-4 PFDS
26 *4PM-6 PFDS	27 *7:45PM-9:15 PFDS	28	1	2	3	4
5	6	Notes COMPÉTITION LILIANE-LAMBERT 4 OU 5 FEVRIER *Arrive 45 minutes early for dryland training				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4 *9AM-11 PFDS
5 *12PM-2 PFDS	6 *7:45PM-9:15 PFDS	7	8	9 6PM-8 DDO	10	11 *9AM-11 PFDS
12 *12PM-2 PFDS	13 *7:45PM-9:15 PFDS	14	15	16 6PM-8 DDO	17	18 *10AM-12 PFDS
19	20	21	22 5PM-6:30 PFDS	23 6PM-8 DDO	24	25 *10AM-12 PFDS
26 *1:15PM-3:15 PFDS	27 5:15PM-7:15 PFDS	28	29	30 6PM-8 DDO	31	1
2	3	Notes COMPÉTITION LILIANE-LAMBERT 10 ANS ET PLUS 11 OU 12 MARS COMPÉTITION LILIANE-LAMBERT 18 OU 19 MARS *Arrive 45 minutes early for dryland training				

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 *10AM-12 PFDS
2 *6:15PM-8:15 PFDS	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	Notes COMPÉTITION LES JEUX DE MONTREAL 2 AVRIL *Arrive 45 minutes early for dryland training				