

| | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|-------|---------------------|----------------------------------|---------------------|-------------------------|----------|------------------------------|-----------------------|
| 07:00 | | | | | | | |
| 08:00 | Scolaire | Scolaire | Scolaire | Scolaire | Scolaire | fermeture | |
| 09:00 | Scolaire | Scolaire | Scolaire | Scolaire | Scolaire | JAM AS | JAM AS AJCP JOGAKI |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 13:00 | | | | | | | |
| 14:00 | | | Mairie de Paris | | | JAM AS | compétition |
| 15:00 | | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | | | JAM AS 123 MOOOV | | JAM AS | | |
| 18:00 | JAM AS 123 MOOOV | JAM AS LUTECE SHOTOKAN RYU | | BUJINKAN AFCWT CHINE | | Mairie de Paris fermeture | |
| 19:00 | | | | | | | |
| 20:00 | | | | | | | |
| 21:00 | | | | | | | |
| 22:00 | | | | | | | |

■ Association ■ Mixte ■ Organisme ■ Scolaire ■ Public