

Cédule des pratiques proposé à partir du mois d'Août

| | | Jour | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | 22:00 | 22:30 | Terrain | |
|----|----------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------------------|----------------------|----------------------------|
| OK | Lundi | | | | | | | | | | | | |
| | | | | | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | | | | Gazon |
| | | | | FLAG FOOTBALL | FLAG FOOTBALL | FLAG FOOTBALL | FLAG FOOTBALL | FLAG FOOTBALL | FLAG FOOTBALL | FLAG FOOTBALL | | | synthétique |
| | | | | | Midget | Midget | Midget | Midget | Midget | Midget | | | Gazon |
| OK | Mardi | Atome Rouge | Atome Rouge | Atome Rouge | Atome Rouge | | | | | | | Synthétique div en 3 | |
| | | Moustique AAA | Moustique AAA | Moustique AAA | Moustique AAA | Moustique AAA | | | | | | Synthétique div en 3 | |
| | | Atome Blanc | Atome Blanc | Atome Blanc | Atome Blanc | | | | | | | Synthétique div en 3 | |
| | | PeeWee AA | PeeWee AA | PeeWee AA | PeeWee AA | PeeWee AA | | | | | | Gazon | |
| | | PeeWee AAA | PeeWee AAA | PeeWee AAA | PeeWee AAA | PeeWee AAA | | | | | | Gazon | |
| | | | | | Bantam AA | Bantam AA | Bantam AA | Bantam AA | Bantam AA | Bantam AA | | | synthétique |
| | | | | | | Monarx | Monarx | Monarx | Monarx | | synthétique ou Gazon | | |
| OK | Mercredi | Moustique AA | Moustique AA | Moustique AA | Moustique AA | Moustique AA | | | | | | synthétique | |
| | | Peewee AAA | Peewee AAA | Peewee AAA | Peewee AAA | Peewee AAA | | | | | | synthétique | |
| | | | Bantam AA | Bantam AA | Bantam AA | Bantam AA | Bantam AA | | | | | Gazon | |
| | | | | | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | | | réchauf Gazon /synthétique |
| | | | Midget | Midget | Midget | Midget | Midget | Midget | | | réchauf Gazon /synthétique | | |
| OK | Jeudi | Peewee AA | Peewee AA | Peewee AA | Peewee AA | Peewee AA | | | | | | synthétique | |
| | | Peewee AAA | Peewee AAA | Peewee AAA | Peewee AAA | Peewee AAA | | | | | | synthétique | |
| | | Moustique AAA | Moustique AAA | Moustique AAA | Moustique AAA | Moustique AAA | | | | | | Gazon | |
| | | Atome Blanc | Atome Blanc | Atome Blanc | Atome Blanc | | | | | | | Gazon | |
| | | | | | | | Monarx | Monarx | Monarx | Monarx | | | synthétique |
| OK | Vendredi | Titan | Titan | Titan | Titan | | | | | | | synthétique | |
| | | Atome Rouge | Atome Rouge | Atome Rouge | Atome Rouge | | | | | | | synthétique | |
| | | Moustique AA | Moustique AA | Moustique AA | Moustique AA | Moustique AA | | | | | | Gazon | |
| | | | | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | Bantam AAA | | | | réchauf Gazon /synthétique |
| | | | | | Midget | Midget | Midget | Midget | Midget | Midget | | | synthétique |
| | | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | | | |
| | Samedi | | | | | | | | | | | | |
| | Dimanche | Peewee AA | Peewee AA | Peewee AA | Peewee AA | Peewee AA | Peewee AA | Peewee AA | | | | synthétique | |
| | | | | | | Monarx | Monarx | Monarx | Monarx | Monarx | | synthétique | |