



# Prêts à grimper deux fois plus pour rattraper l'année passée ?!!

2021 - 2022

Programme à jour : [les5mousquetons.fr](http://les5mousquetons.fr)

| Septembre |   |                        | Octobre |   |                          | Novembre |   |                          | Décembre |   |                                 | Janvier |   |                           | Février |   |                          |
|-----------|---|------------------------|---------|---|--------------------------|----------|---|--------------------------|----------|---|---------------------------------|---------|---|---------------------------|---------|---|--------------------------|
| 1         | M |                        | 1       | V | <b>AG festive</b>        | 1        | L |                          | 1        | M |                                 | 1       | S |                           | 1       | M |                          |
| 2         | J | <b>Permanence</b> CA   | 2       | S | <b>Libre Climb Up</b>    | 2        | M |                          | 2        | J | CA                              | 2       | D |                           | 2       | M |                          |
| 3         | V |                        | 3       | D |                          | 3        | M |                          | 3        | V |                                 | 3       | L |                           | 3       | J | CA                       |
| 4         | S | <b>Forum des Asso.</b> | 4       | L |                          | 4        | J |                          | 4        | S | <b>Libre Climb Up</b>           | 4       | M |                           | 4       | V | <b>Libre Quarantaine</b> |
| 5         | D |                        | 5       | M |                          | 5        | V |                          | 5        | D |                                 | 5       | M |                           | 5       | S |                          |
| 6         | L |                        | 6       | M |                          | 6        | S |                          | 6        | L |                                 | 6       | J | CA                        | 6       | D |                          |
| 7         | M |                        | 7       | J | CA                       | 7        | D |                          | 7        | M |                                 | 7       | V |                           | 7       | L |                          |
| 8         | M |                        | 8       | V |                          | 8        | L |                          | 8        | M | fêtes des lumières 8 au 11      | 8       | S | <b>Libre Climb Up</b>     | 8       | M |                          |
| 9         | J |                        | 9       | S |                          | 9        | M |                          | 9        | J |                                 | 9       | D |                           | 9       | M |                          |
| 10        | V |                        | 10      | D | <b>Falaise</b>           | 10       | M |                          | 10       | V | <b>Cours Quarantaine annulé</b> | 10      | L |                           | 10      | J |                          |
| 11        | S |                        | 11      | L |                          | 11       | J |                          | 11       | S |                                 | 11      | M |                           | 11      | V |                          |
| 12        | D |                        | 12      | M |                          | 12       | V |                          | 12       | D | <b>RANDO</b>                    | 12      | M |                           | 12      | S |                          |
| 13        | L | <b>Début des cours</b> | 13      | M |                          | 13       | S |                          | 13       | L |                                 | 13      | J |                           | 13      | D |                          |
| 14        | M |                        | 14      | J |                          | 14       | D |                          | 14       | M |                                 | 14      | V |                           | 14      | L |                          |
| 15        | M |                        | 15      | V | <b>Libre Quarantaine</b> | 15       | L |                          | 15       | M |                                 | 15      | S | <b>Sortie SKI</b>         | 15      | M |                          |
| 16        | J | CA                     | 16      | S |                          | 16       | M |                          | 16       | J |                                 | 16      | D | <b>RANDO WE raquettes</b> | 16      | M |                          |
| 17        | V |                        | 17      | D | <b>RANDO</b>             | 17       | M |                          | 17       | V | <b>Préparation</b>              | 17      | L |                           | 17      | J |                          |
| 18        | S |                        | 18      | L |                          | 18       | J | CA                       | 18       | S | <b>Compétition ?</b>            | 18      | M |                           | 18      | V |                          |
| 19        | D | <b>RANDO</b>           | 19      | M |                          | 19       | V |                          | 19       | D | <b>Contest Quarantaine?</b>     | 19      | M |                           | 19      | S |                          |
| 20        | L |                        | 20      | M |                          | 20       | S | <b>Libre Climb Up</b>    | 20       | L |                                 | 20      | J |                           | 20      | D |                          |
| 21        | M |                        | 21      | J |                          | 21       | D | <b>RANDO</b>             | 21       | M |                                 | 21      | V | <b>Libre Quarantaine</b>  | 21      | L |                          |
| 22        | M |                        | 22      | V |                          | 22       | L |                          | 22       | M |                                 | 22      | S |                           | 22      | M |                          |
| 23        | J |                        | 23      | S |                          | 23       | M |                          | 23       | J |                                 | 23      | D |                           | 23      | M |                          |
| 24        | V |                        | 24      | D |                          | 24       | M |                          | 24       | V |                                 | 24      | L |                           | 24      | J |                          |
| 25        | S |                        | 25      | L |                          | 25       | J |                          | 25       | S |                                 | 25      | M |                           | 25      | V |                          |
| 26        | D |                        | 26      | M |                          | 26       | V | <b>Libre Quarantaine</b> | 26       | D |                                 | 26      | M |                           | 26      | S |                          |
| 27        | L |                        | 27      | M |                          | 27       | S |                          | 27       | L |                                 | 27      | J |                           | 27      | D | <b>RANDO</b>             |
| 28        | M |                        | 28      | J |                          | 28       | D |                          | 28       | M |                                 | 28      | V |                           | 28      | L |                          |
| 29        | M |                        | 29      | V |                          | 29       | L |                          | 29       | M |                                 | 29      | S |                           |         |   |                          |
| 30        | J |                        | 30      | S |                          | 30       | M |                          | 30       | J |                                 | 30      | D |                           |         |   |                          |
|           |   |                        | 31      | D |                          |          |   |                          | 31       | V |                                 | 31      | L |                           |         |   |                          |

LYON : Zone A





# Bloquez les dates !!

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| Mars |                              | Avril                |                                                   | Mai   |                          | Juin |                            | Juillet |                            |
|------|------------------------------|----------------------|---------------------------------------------------|-------|--------------------------|------|----------------------------|---------|----------------------------|
| 1 M  |                              | 1 V                  |                                                   | 1 D   |                          | 1 M  |                            | 1 V     | <b>Fin des cours</b>       |
| 2 M  |                              | 2 S                  |                                                   | 2 L   |                          | 2 J  | CA                         | 2 S     | <b>Falaise</b>             |
| 3 J  | CA                           | 3 D                  | <b>RANDO</b>                                      | 3 M   |                          | 3 V  |                            | 3 D     | <b>WE RANDO Sa 2/ Di 3</b> |
| 4 V  |                              | 4 L                  |                                                   | 4 M   |                          | 4 S  | <b>" WESE "</b>            | 4 L     |                            |
| 5 S  |                              | 5 M                  |                                                   | 5 J   | CA                       | 5 D  |                            | 5 M     |                            |
| 6 D  |                              | 6 M                  |                                                   | 6 V   |                          | 6 L  |                            | 6 M     |                            |
| 7 L  |                              | 7 J                  | CA                                                | 7 S   | <b>Libre Climb Up</b>    | 7 M  |                            | 7 J     | CA                         |
| 8 M  |                              | 8 V                  | <b>Libre Quarantaine</b>                          | 8 D   | <b>RANDO</b>             | 8 M  |                            | 8 V     |                            |
| 9 M  |                              | 9 S                  |                                                   | 9 L   |                          | 9 J  |                            | 9 S     |                            |
| 10 J |                              | 10 D                 |                                                   | 10 M  |                          | 10 V |                            | 10 D    |                            |
| 11 V | <b>Libre Quarantaine</b>     | 11 L                 |                                                   | 11 M  |                          | 11 S |                            | 11 L    |                            |
| 12 S |                              | 12 M                 |                                                   | 12 J  |                          | 12 D | <b>SPELEO / RANDO</b>      | 12 M    |                            |
| 13 D |                              | 13 M                 |                                                   | 13 V  |                          | 13 L |                            | 13 M    |                            |
| 14 L |                              | 14 J                 |                                                   | 14 S  |                          | 14 M |                            | 14 J    |                            |
| 15 M |                              | 15 V                 |                                                   | 15 D  |                          | 15 M |                            | 15 V    |                            |
| 16 M |                              | 16 S                 | <b>Stage ESCALADE Falaise Grandes voies CORSE</b> | 16 L  |                          | 16 J |                            | 16 S    |                            |
| 17 J |                              | 17 D                 |                                                   | 17 M  |                          | 17 V |                            | 17 D    |                            |
| 18 V |                              | 18 L                 |                                                   | 18 M  |                          | 18 S |                            | 18 L    |                            |
| 19 S | <b>VIA FERRATA / Falaise</b> | 19 M                 |                                                   | 19 J  |                          | 19 D |                            | 19 M    |                            |
| 20 D | <b>RANDO</b>                 | 20 M                 |                                                   | 20 V  | <b>Libre Quarantaine</b> | 20 L |                            | 20 M    |                            |
| 21 L |                              | 21 J                 | 21 S                                              |       | 21 M                     |      | 21 J                       |         |                            |
| 22 M |                              | 22 V                 | 22 D                                              |       | 22 M                     |      | 22 V                       |         |                            |
| 23 M |                              | 23 S                 | 23 L                                              |       | 23 J                     |      | 23 S                       |         |                            |
| 24 J |                              | 24 D                 |                                                   | 24 M  |                          | 24 V | <b>Libre Quarantaine</b>   | 24 D    |                            |
| 25 V |                              | 25 L                 |                                                   | 25 M  |                          | 25 S | <b>CANYON / RANDO vélo</b> | 25 L    |                            |
| 26 S | <b>Libre Climb Up</b>        | 26 M                 |                                                   | 26 J  | <b>" WADO "</b>          | 26 D |                            | 26 M    |                            |
| 27 D |                              | 27 M                 |                                                   | 27 V  |                          | 27 L |                            | 27 M    |                            |
| 28 L |                              | 28 J                 |                                                   | 28 S  |                          | 28 M |                            | 28 J    |                            |
| 29 M |                              | 29 V                 |                                                   | 29 D  |                          | 29 M |                            | 29 V    |                            |
| 30 M |                              | 30 S                 |                                                   | 30 L  |                          | 30 J |                            | 30 S    |                            |
| 31 J |                              | <b>LYON : Zone A</b> |                                                   | A B C | 31 M                     |      |                            | 31 D    |                            |