

# CQP INSTRUCTEUR FITNESS

| JUIN |   | SEPTEMBRE |   | OCTOBRE |   | NOVEMBRE |   | DÉCEMBRE |   | JANVIER 2024 |   | FÉVRIER |   | MARS |   |
|------|---|-----------|---|---------|---|----------|---|----------|---|--------------|---|---------|---|------|---|
| 1    | J | 1         | V | 1       | D | 1        | M | 1        | V | 1            | L | 1       | J | 1    | V |
| 2    | V | 2         | S | 2       | L | 2        | J | 2        | S | 2            | M | 2       | V | 2    | S |
| 3    | S | 3         | D | 3       | M | 3        | V | 3        | D | 3            | M | 3       | S | 3    | D |
| 4    | D | 4         | L | 4       | M | 4        | S | 4        | L | 4            | J | 4       | D | 4    | L |
| 5    | L | 5         | M | 5       | J | 5        | D | 5        | M | 5            | V | 5       | L | 5    | M |
| 6    | M | 6         | M | 6       | V | 6        | L | 6        | M | 6            | S | 6       | M | 6    | M |
| 7    | M | 7         | J | 7       | S | 7        | M | 7        | J | 7            | D | 7       | M | 7    | J |
| 8    | J | 8         | V | 8       | D | 8        | M | 8        | V | 8            | L | 8       | J | 8    | V |
| 9    | V | 9         | S | 9       | L | 9        | J | 9        | S | 9            | M | 9       | V | 9    | S |
| 10   | S | 10        | D | 10      | M | 10       | V | 10       | D | 10           | M | 10      | S | 10   | D |
| 11   | D | 11        | L | 11      | M | 11       | J | 11       | L | 11           | J | 11      | D | 11   | L |
| 12   | L | 12        | M | 12      | J | 12       | D | 12       | M | 12           | V | 12      | L | 12   | M |
| 13   | M | 13        | M | 13      | V | 13       | L | 13       | M | 13           | S | 13      | M | 13   | M |
| 14   | M | 14        | J | 14      | S | 14       | M | 14       | J | 14           | D | 14      | M | 14   | J |
| 15   | J | 15        | V | 15      | D | 15       | M | 15       | V | 15           | L | 15      | J | 15   | V |
| 16   | V | 16        | S | 16      | L | 16       | J | 16       | S | 16           | M | 16      | V | 16   | S |
| 17   | S | 17        | D | 17      | M | 17       | V | 17       | D | 17           | M | 17      | S | 17   | D |
| 18   | D | 18        | L | 18      | M | 18       | S | 18       | L | 18           | J | 18      | D | 18   | L |
| 19   | L | 19        | M | 19      | J | 19       | D | 19       | M | 19           | V | 19      | L | 19   | M |
| 20   | M | 20        | M | 20      | V | 20       | L | 20       | M | 20           | S | 20      | M | 20   | M |
| 21   | M | 21        | J | 21      | S | 21       | M | 21       | J | 21           | D | 21      | M | 21   | J |
| 22   | J | 22        | V | 22      | D | 22       | M | 22       | V | 22           | L | 22      | J | 22   | V |
| 23   | V | 23        | S | 23      | L | 23       | J | 23       | S | 23           | M | 23      | V | 23   | S |
| 24   | S | 24        | D | 24      | M | 24       | V | 24       | D | 24           | M | 24      | S | 24   | D |
| 25   | D | 25        | L | 25      | M | 25       | S | 25       | L | 25           | J | 25      | D | 25   | L |
| 26   | L | 26        | M | 26      | J | 26       | D | 26       | M | 26           | V | 26      | L | 26   | M |
| 27   | M | 27        | M | 27      | V | 27       | L | 27       | M | 27           | S | 27      | M | 27   | M |
| 28   | M | 28        | J | 28      | S | 28       | M | 28       | J | 28           | D | 28      | M | 28   | J |
| 29   | J | 29        | V | 29      | D | 29       | M | 29       | V | 29           | L | 29      | J | 29   | V |
| 30   | V | 30        | S | 30      | L | 30       | J | 30       | S | 30           | M | 30      | J | 30   | S |
|      |   |           |   | 31      | M |          |   | 31       | D |              |   |         |   | 31   | D |

Examens

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DATE A RETENIR

Option musculation  
personal training

Option cours collectifs

Tronc commun  
(concerne les 2 options)

mise à jour du 15/05/2023