



# · BACK TO AEROBIC ·

Semaine 1

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Show Patate	VHS Aerobic	<b>NEW!</b> Grapevine beginner serie	<input type="checkbox"/>
Mardi	Peacen'shot	VHS Pilates	Booty Galaxy	<input type="checkbox"/>
Mercredi	Show Patate	VHS Aerobic	<b>NEW!</b> Basic step aerobic	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Stretching	Stretch Invaders	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic	<b>NEW!</b> Upper Body & Sweat	<input type="checkbox"/>



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Semaine 2

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Show Patate	VHS Aerobic	<b>NEW!</b> Legs combo & sweat	<input type="checkbox"/>
Mardi	Grinch'Day	VHS Sculpt	Standing Full Body	<input type="checkbox"/>
Mercredi	Show Patate	VHS Aerobic VHS Pilates	<b>NEW!</b> Aeropilates spécial dos	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Stretching	Stretching Flow	<input type="checkbox"/>
Vendredi	Flemme Fever	VHS Flash	<b>NEW!</b> All About Cardio en 10 min	<input type="checkbox"/>



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Semaine 3

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Show Patate	VHS Aerobic VHS Pilates	<b>NEW!</b> Aeropilates Spécial Abdos	<input type="checkbox"/>
Mardi	Grinch'Day	VHS Sculpt	Legs & Booty On Fire	<input type="checkbox"/>
Mercredi	Show Patate	VHS Aerobic	<b>NEW!</b> Upper body & Sweat	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Pilates	Full Body Space	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic	<b>NEW!</b> Full Body Aérobic	<input type="checkbox"/>



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Semaine 4

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Show Patate	VHS Aerobic	Legs combo & sweat	<input type="checkbox"/>
Mardi	Peacen'shot	VHS Pilates	Pilates Barre Adventure	<input type="checkbox"/>
Mercredi	Show Patate	VHS Aerobic VHS Pilates	Aeropilates spécial dos	<input type="checkbox"/>
Jeudi	Grinch'Day	VHS Sculpt	Killer Abs Workout	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic	Full Body Aérobic	<input type="checkbox"/>