



# · BODY SCULPT REVOLUTION ·

Semaine 1

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Grinch Day	VHS Sculpt	<b>NEW!</b> Rockstar's legs & fessier	<input type="checkbox"/>
Mardi	Flemme Fever	VHS Flash	Slow morning flow + Pilates, stretch & pop corn	<input type="checkbox"/>
Mercredi	Grinch Day	VHS Sculpt	<b>NEW!</b> Abdos, bras & Rock'n'Roll	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Stretching	<b>NEW!</b> Galaxy Arms & Stretch	<input type="checkbox"/>
Vendredi	Grinch Day	VHS Sculpt	<b>NEW!</b> Full Body Harmony	<input type="checkbox"/>



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Semaine 2

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Backstage dos & Arrière de cuisse	<input type="checkbox"/>
Mardi	Show Patate	VHS Aerobic	Aeropilates spécial Abdos	<input type="checkbox"/>
Mercredi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Upper Body & Balance	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Stretching	Stretching Flow	<input type="checkbox"/>
Vendredi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Flashback Full Body	<input type="checkbox"/>



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Semaine 3

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Abdos, bras & Rock'n'Roll	<input type="checkbox"/>
Mardi	Peacen'shot	VHS Stretching	<b>NEW!</b> Galaxy Arms & Stretch New	<input type="checkbox"/>
Mercredi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Rockstar's Legs & Fessiers	<input type="checkbox"/>
Jeudi	Flemme Fever	VHS Flash	Slow morning flow + ABS avec Queen	<input type="checkbox"/>
Vendredi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Full Body Harmony	<input type="checkbox"/>



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Semaine 4

## S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Upper Body & Balance	<input type="checkbox"/>
Mardi	Show patate	VHS Aeropic	Aeropilates spécial Abdos	<input type="checkbox"/>
Mercredi	Grinch'Day	Vhs Sculpt	<b>NEW!</b> Backstage dos & Arrière de cuisse	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Streching	Stretch invaders	<input type="checkbox"/>
Vendredi	Grinch'Day	VHS Sculpt	<b>NEW!</b> Flashback Full Body	<input type="checkbox"/>