



· ABS DREAM CHALLENGE ·

Semaine 1

S C H E D U L E

Jours

Mood

Disciplines

Cours

Done ✓

Lundi	Peacen'shot	VHS Pilates	NEW! Galactic Abs & Breath	<input type="checkbox"/>
Mardi	Grinch Day	VHS Sculpt	Spicy Full Body Workout	<input type="checkbox"/>
Mercredi	Peacen'shot	VHS Pilates	NEW! Galactic Abs & Breath	<input type="checkbox"/>
Jeudi	Grinch Day	VHS Sculpt	Standing Full Body Workout	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic VHS Pilates	NEW! Aeropilates Spécial Abdos 2	<input type="checkbox"/>



· ABS DREAM CHALLENGE ·

Semaine 2

S C H E D U L E

Jours

Mood

Disciplines

Cours

Done ✓

Lundi	Peacen'shot	VHS Pilates	NEW! Stellar Abs Alignments	<input type="checkbox"/>
Mardi	Grinch Day	VHS Sculpt	Upper Body & Balance	<input type="checkbox"/>
Mercredi	Peacen'shot	VHS Pilates	NEW! Stellar Abs Alignments	<input type="checkbox"/>
Jeudi	Grinch Day	VHS Sculpt	Full Body Burn	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic VHS Pilates	Aeropilates Spécial Abdos	<input type="checkbox"/>



· ABS DREAM CHALLENGE ·

Semaine 3

S C H E D U L E

Jours

Mood

Disciplines

Cours

Done ✓

Lundi	Grinch Day	VHS Sculpt	NEW! Infinity Core Challenge	<input type="checkbox"/>
Mardi	Grinch Day	VHS Sculpt	Full Body Harmony	<input type="checkbox"/>
Mercredi	Grinch Day	VHS Pilates	NEW! Infinity Core Challenge	<input type="checkbox"/>
Jeudi	Peacen'shot	VHS Pilates	Mission Full Body	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic VHS Pilates	NEW! Aeropilates Spécial Abdos 2	<input type="checkbox"/>