



• MIAMI BOOTY VICE •

Semaine 1

S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Peacen'shot	VHS Pilates	NEW! Beach Booty Barre	<input type="checkbox"/>
Mardi	Peacen'shot	VHS Pilates	Booty Galaxy	<input type="checkbox"/>
Mercredi	Grinch Day	VHS Sculpt	NEW! Miami Booty Lift	<input type="checkbox"/>
Jeudi	Grinch Day	VHS Sculpt	Abdos, Bras & Rock'n'Roll	<input type="checkbox"/>
Vendredi	Show Patate	VHS Aerobic	NEW! Aero-Booty Beach Party	<input type="checkbox"/>



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Semaine 2

S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Peacen'shot	VHS Pilates	NEW! Sunrise Booty Flow	<input type="checkbox"/>
Mardi	Grinch Day	VHS Sculpt	Abs & Booty Stars	<input type="checkbox"/>
Mercredi	Flemme Fever	VHS Flash	NEW! Sun-Kissed Booty Burn + Express Aerobic	<input type="checkbox"/>
Jeudi	Grinch Day	VHS Sculpt	NEW! Miami Booty Lift	<input type="checkbox"/>
Vendredi	Flemme Fever	VHS Flash	Posture et épaules en pyjama + Slow Morning Flow	<input type="checkbox"/>



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Semaine 3

S C H E D U L E

Jours	Mood	Disciplines	Cours	Done ✓
Lundi	Peacen'shot	VHS Pilates	NEW! Beach Booty Barre	<input type="checkbox"/>
Mardi	Show Patate	VHS Aerobic	NEW! Aéro-Booty Beach Party	<input type="checkbox"/>
Mercredi	Peacen'shot	VHS Pilates	NEW! Sunrise Booty Flow	<input type="checkbox"/>
Jeudi	Grinch Day	VHS Sculpt	Objectif Haut du corps	<input type="checkbox"/>
Vendredi	Flemme Fever	VHS Flash	NEW! Sun-Kissed Booty Burn	<input type="checkbox"/>