



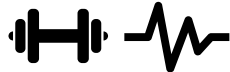
Planning HIIT

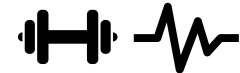

Renfo


Cardio

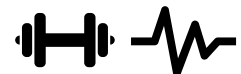

Circuit
Training



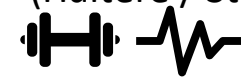
05/09 et 12/09
Back to Basic


19/09
Fat burning / Abdos


26/09
50 Exercices


03/10
Hiit Step


10/10
Bas du corps (Leste)


17/10
**Haut du corps
(Haltère / Step)**


24/10
Full Body


31/10
Vacances

