

TRAINING 2

HUMAN
BODY
EXERCISE

HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9h

15
30
45

10h

15
30
45

11h

15
30
45

12h

15
30
45

13h

15
30

16h

15
30
45

17h

15
30
45

18h

15
30
45

19h

15
30
45

20h

15
30
45

21h

15
30

9h

15
30
45

10h

15
30
45

11h

15
30
45

12h

15
30
45

13h

15
30

16h

15
30
45

17h

15
30
45

18h

15
30
45

19h

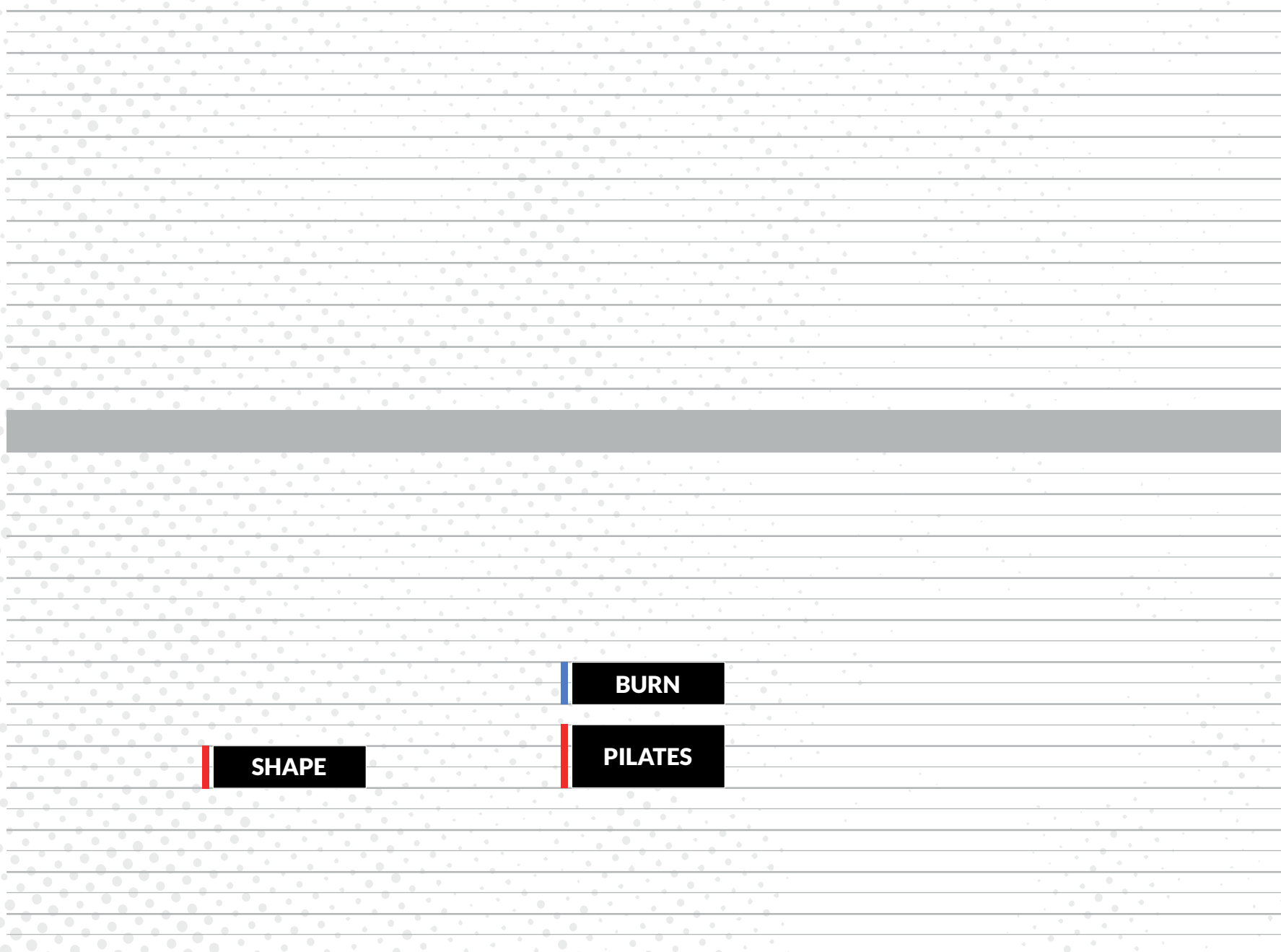
15
30
45

20h

15
30
45

21h

15
30



RENFO MUSCULAIRE



CARDIO