

TRAINING

HUMAN
BODY
EXERCISE

HBX

LUNDI

MARDI

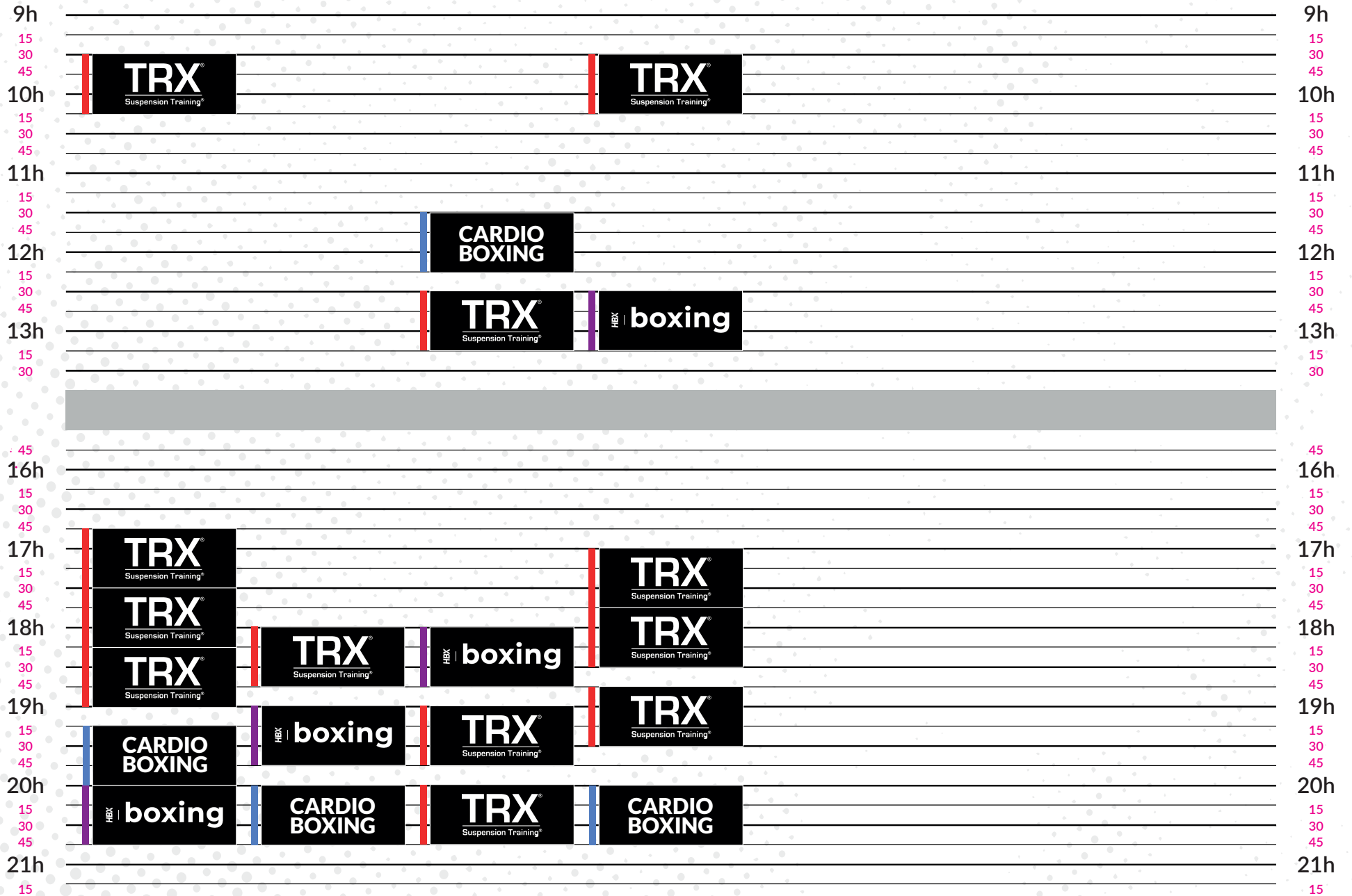
MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE



RENFO MUSCULAIRE



CARDIO



MIXTE