

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12h00

Burn Flash

Abs Flash

Burn Flash

Abs Flash

Burn Flash

12h15

**Abs Legs and
Butt**

Body Sculpt

**Abs Legs and
Butt**

Biking

Body Sculpt

17h45

Abs Flash

Butt Flash

Skill

Butt Flash

Burn Flash

18h00

Biking

Step Cardio

Cross Training

Step 1

**Abs Legs and
Butt**

18h45

Butt Flash

Abs Flash

Butt Flash

Abs Flash

Skill

19h00

Body Sculpt

**Abs Leg and
Butt**

Abs and Legs

Stretching

Cross Training