



StrongHer

S e p t e m b e r / S e p t e m b r e

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 1030 Practice FORCE Pratique force	2	3	4	5
6	7	8 0830 FORCE TEST Test Force 1030 HIIT	9	10 1030 Cardio & Core Cardio et gainage	11	12
13	14	15 1030 Vinyassa Yoga Yoga Vinyasa	16	17 1030 Full Body Strength Renforcement musculaire – corps entier	18	19
20	21	22 1030 Cardio & Core Cardio et gainage	23	24 1030 Yin Yoga Yoga Yin	25	26
27	28	29 1030 Full Body Strength Renforcement musculaire – corps entier	30	1	2	3