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| --- |
| **OBJECTIVES** |
| Staying in shape |
|  |
|  |

**Date**

**30/09/2016**

**Hours**

**4,5/**

**Session**

**3**

|  |  |
| --- | --- |
| **NEW VOCABULARY** | |
| To tend to walk | Avoir tendance à |
| Stamina | Endurance |
| At least | Au moins |
| Treadmill | Tapis roulant |
| It’s a challenge | Defi |
| To cycle | Faire du vélo |
| It’s not relaxing |  |
| Oily food |  |
| To keep fit | To stay healthy |
| It’s a fair amount of exercise | C est suffisant |
| Casual | Decontracté |
| To avoid + V-ING | Eviter de |
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**Future Objectives**

**GRAMMAR**

**Lesson Summary**

**Next Lesson**

DATE

09/09

TIME 12.00