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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