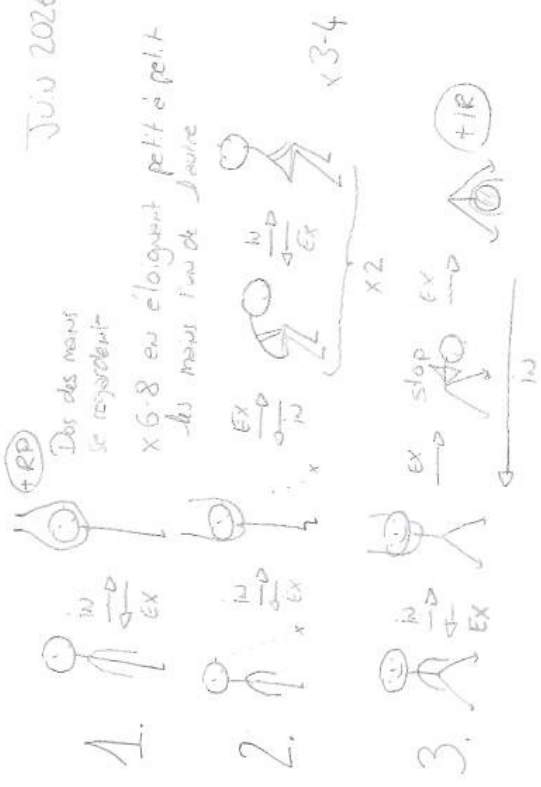


JUN 2026



1 cycle = 7 fois avant au centre

" " " vers la droite

x2-3 cycles

