

DES RACINES ET DES AILES - PROGRAMME DES LE LUNDI 31 AOÛT 2020					
Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
			09h00 Circuit training 10h15 Circuit training	09h00 Circuit training 10h15 Circuit training	09h00 Coaching 10h00 Coaching 11h00 Coaching
	14h00 Coaching 15h00 Coaching 16h00 Coaching	14h00 Circuit training 16h00 Coaching	14h00 Coaching 15h00 Coaching 16h00 Coaching 17h00 Coaching	13h00 Coaching 14h00 Coaching 15h00 Coaching 16h00 Coaching	
17h00 Coaching 18h00 Coaching	17h00 Coaching				
		19h00 Body Sculpt			
Privé/Mi-privé	Gletterens maison (Route de la Ria 27) ou dans la nature (départ: Parc du Denner, Gletterens)				
	Salle de gym de l'école de Gletterens				
	Gletterens maison (Route de la Ria 27)				20.-/séance
	Osons Pilates, Payerne				
Inscription obligatoire: Sylvie Ansermet (079/787.69.08) - Annulation minimum 24 heures à l'avance www.des-racines-et-des-ailles.ch					