

PLANNING 2025/26



LUNDI

MARDI

MERCREDI

JEUDI

10H30
CARDIO DANSE

12H30
CROSS
TRAINING

13H00
PILATES

12H30
YOGA

12H30
CROSS
TRAINING

18H00
PILATES

18H00
CROSS
TRAINING

18H00
PILATES

18H00
CROSS
TRAINING

19H10
CROSS
TRAINING

19H10
PILATES

19H10
YOGA

19H10
PILATES

20H00
MODERN
JAZZ

20H00
LINDY HOP

21H00
Jazz Roots/
Charleston

1er Cours d'essai gratuit
Inscrivez-vous :
studio@inakis-and-co.fr
06 10 07 59 03

