



PLANNING ACTIF DU 31 JUILLET AU 3 SEPTEMBRE*

*Fermeture annuelle du 7 au 20 août 2023

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
YOGA 12:30 [45MIN] Charline STUDIO A	CYCLING 12:30 [45MIN] Will STUDIO C	ATHLETIC 12:30 [45MIN] Natalia STUDIO A	JUSTDANCE 12:30 [45MIN] Joséphine STUDIO A	PILATES 12:30 [45MIN] Elle STUDIO A	SHAPE 09:45 [45MIN] Thibaud, Natalia, Elle STUDIO E
VIDEO CYCLING 12:30 [30MIN] STUDIO C	SHAPE 12:30 [45MIN] Natalia STUDIO E	VIDEO CYCLING 12:30 [30MIN] STUDIO C	VIDEO CYCLING 12:30 [30MIN] STUDIO C	VIDEO CYCLING 12:30 [30MIN] STUDIO C	VIDEO CYCLING 10:00 [30MIN] STUDIO C
BOXING 12:30 [45MIN] Natalia STUDIO D		PILATES 12:30 [45MIN] Elle STUDIO D	SHAPE 12:30 [45MIN] Thibaud STUDIO E	BOXING 12:30 [45MIN] Natalia STUDIO D	ATHLETIC OU BOXING 10:45 [45MIN] Thibaud, Natalia, Elle STUDIO A
					VIDEO CYCLING 10:45 [30MIN] STUDIO C
SHAPE 18:15 [45MIN] Natalia STUDIO E	PILATES 18:15 [45MIN] Natalia STUDIO A	YOGA 18:15 [45MIN] Charline STUDIO A	SHAPE 18:15 [45MIN] Thibaud STUDIO E	SHAPE 18:00 [45MIN] Natalia STUDIO E	
VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	SHAPE 18:15 [45MIN] Natalia STUDIO E	VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:15 [30MIN] STUDIO C	
JUSTDANCE 19:00 [45MIN] Claudia STUDIO A	COMMERCIAL TOUS NIVEAUX 18:45 [1H] Aymeric STUDIO B	VIDEO CYCLING 18:30 [30MIN] STUDIO C	COMMERCIAL NIVEAU DÉBUTANT 18:45 [1H] Natalia STUDIO B	ATHLETIC 18:45 [45MIN] Natalia STUDIO A	
ATHLETIC 19:00 [45MIN] Natalia STUDIO D	SHAPE 19:00 [45MIN] Natalia STUDIO E	AFROVIBES TOUS NIVEAUX 18:45 [1H] Marielle STUDIO B	ATHLETIC 19:00 [45MIN] Thibaud STUDIO A	VIDEO CYCLING 19:00 [30MIN] STUDIO C	
VIDEO CYCLING 19:15 [30MIN] STUDIO C	CYCLING 19:45 [45MIN] Will STUDIO C	BOXING 19:00 [45MIN] Natalia STUDIO D	PILATES 19:00 [45MIN] Elle STUDIO D		
COMMERCIAL TOUS NIVEAUX 19:45 [1H] Natalia STUDIO B	YOGA 19:45 [45MIN] Maud STUDIO D	VIDEO CYCLING 19:15 [30MIN] STUDIO C	VIDEO CYCLING 19:15 [30MIN] STUDIO C		
SHAPE 20:00 [45MIN] Claudia STUDIO E	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Aymeric STUDIO A	STREET-JAZZ NIVEAU DÉBUTANT 19:45 [1H] Marielle STUDIO A	GIRLY TOUS NIVEAUX 19:45 [1H] Natalia STUDIO A		
VIDEO CYCLING 20:00 [30MIN] STUDIO C		SHAPE 19:45 [45MIN] Elle STUDIO E	SHAPE 19:45 [45MIN] Elle STUDIO E		
PILATES 20:00 [45MIN] Méline STUDIO A		VIDEO CYCLING 20:00 [30MIN] STUDIO C	VIDEO CYCLING 20:00 [30MIN] STUDIO C		

ACCÈS & HORAIRES :

INPULSE
99 RUE DE GERLAND
69007 LYON
04 78 61 27 04

Lundi : 12:00-14:00 / 17:00-21:00
Mardi : 12:00-14:00 / 17:00-21:00
Mercredi : 12:00-14:00 / 17:00-21:00
Jeudi : 12:00-14:00 / 17:00-21:00
Vendredi : 12:00-14:00 / 17:00-20:00
Samedi : 09:30-12:00
Dimanche : fermé