



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
YOGA 12:30 [45MIN] Léa STUDIO A	CYCLING 12:30 [45MIN] Will STUDIO C	ATHLETIC 12:30 [45MIN] Natalia STUDIO A	AERODANCE 12:30 [45MIN] Gwen STUDIO A	YOGA 12:30 [45MIN] Victoire STUDIO A	SHAPE 09:45 [45MIN] Thibaud, Elie, Natalia 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	CYCLING 12:30 [45MIN] Natalia STUDIO C	VIDEO CYCLING 10:00 [30MIN] STUDIO C
BOXING 12:30 [45MIN] Natalia STUDIO D		PILATES 12:30 [45MIN] Elie STUDIO D	SHAPE 12:30 [45MIN] Thibaud STUDIO E		ATHLETIC OU BOXING 10:45 [45MIN] Thibaud, Elie, Natalia STUDIO A OU D
					VIDEO CYCLING 10:45 [30MIN] STUDIO C
SHAPE 18:15 [45MIN] Claudia STUDIO E	PILATES 18:15 [45MIN] Natalia STUDIO A	AERODANCE 18:15 [45MIN] Gwen STUDIO A	YOGA 18:15 [45MIN] Victoire STUDIO D	SHAPE 18:00 [45MIN] Elie STUDIO E	
VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	SHAPE 18:15 [45MIN] Arnaud STUDIO E	SHAPE 18:15 [45MIN] Thibaud STUDIO E	VIDEO CYCLING 18:15 [30MIN] STUDIO C	
STREET-JAZZ NIVEAU DÉBUTANT 18:45 [1H] Marielle STUDIO B	GIRLY TOUS NIVEAUX 18:45 [1H] Ornella STUDIO B	VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	ATHLETIC 18:45 [45MIN] Elie STUDIO D	
ATHLETIC 19:00 [45MIN] Natalia STUDIO D	BOXING 19:00 [45MIN] Natalia STUDIO D	SHAPE 19:00 [45MIN] Gwen STUDIO E	RAGGA DANCEHALL NIVEAU DÉBUTANT 18:45 [1H] Marielle STUDIO B	VIDEO CYCLING 19:00 [30MIN] STUDIO C	
JUSTDANCE 19:00 [45MIN] Claudia STUDIO A	SHAPE 19:00 [45MIN] STUDIO E	BOXING 19:00 [45MIN] Arnaud STUDIO D	ATHLETIC 19:00 [45MIN] Thibaud STUDIO A		
VIDEO CYCLING 19:15 [30MIN] STUDIO C	STREET-JAZZ NIVEAU DÉBUTANT 19:45 [1H] Ornella STUDIO A	VIDEO CYCLING 19:15 [30MIN] STUDIO C	PILATES 19:00 [45MIN] Elie STUDIO D		
RAGGA DANCEHALL TOUS NIVEAUX 19:45 [1H] Alexia STUDIO B	CYCLING 19:45 [45MIN] Will STUDIO C	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Aymeric STUDIO A	GIRLY TOUS NIVEAUX 19:45 [1H] Natalia STUDIO A		
PILATES 20:00 [45MIN] STUDIO A	YOGA 20:00 [45MIN] Victoire STUDIO D	HIP HOP TOUS NIVEAUX 19:45 [1H] Lily STUDIO B	SHAPE 19:45 [45MIN] Elie STUDIO E		
VIDEO CYCLING 20:00 [30MIN] STUDIO C	LYRICAL TOUS NIVEAUX 20:45 [1H] Mathilde STUDIO A	VIDEO CYCLING 20:00 [30MIN] STUDIO C	CYCLING 20:00 [45MIN] Thibaud STUDIO C		
SHAPE 20:00 [45MIN] Natalia STUDIO E		PILATES 20:00 [45MIN] Gwen STUDIO D	TALONS TOUS NIVEAUX 20:45 [1H] Natalia STUDIO A		
COMMERCIAL TOUS NIVEAUX 20:45 [1H] Alexia STUDIO A		ABSTRACT TOUS NIVEAUX 20:45 [1H] Aymeric STUDIO A			

ENFANTS [DE 7 À 17 ANS]

7/9 ANS	MERCREDI
	HIP-HOP 14:00 [1H] Natalia STUDIO B
	STREET-JAZZ 15:00 [1H] Mathilde STUDIO B
10/13 ANS	MERCREDI
	STREET-JAZZ 14:00 [1H] Mathilde STUDIO A
	HIP-HOP 15:00 [1H] Natalia STUDIO A
14/17 ANS	MERCREDI
	HIP-HOP 18:45 [1H] Lily STUDIO B
	VENDREDI
	STREET-JAZZ 18:15 [1H] Natalia STUDIO A

ACCÈS & HORAIRES :

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

Lundi : 12:00-14:00 / 17:00-22:00
Mardi : 12:00-14:00 / 17:00-22:00
Mercredi* : 12:00-14:00 / 17:00-22:00
Jeudi : 12:00-14:00 / 17:00-22:00
Vendredi : 12:00-14:00 / 17:00-20:00
Samedi : 09:30-12:00
Dimanche : fermé