



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
YOGA 12:30 [45MIN] Carole M STUDIO A	CYCLING 12:30 [45MIN] Will STUDIO C	ATHLETIC 12:30 [45MIN] Natalia STUDIO A	JUSTDANCE 12:30 [45MIN] Fanny STUDIO A	PILATES 12:30 [45MIN] Géraldine STUDIO A	SHAPE 09:45 [45MIN] Thibaud, Natalia, Carole 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] Carole D STUDIO D	SHAPE 12:30 [45MIN] Thibaud STUDIO E	BOXING 12:30 [45MIN] Natalia STUDIO D	ATHLETIC 10:45 [45MIN] Thibaud, Natalia, Carole STUDIO A
					VIDEO CYCLING 10:45 [30MIN] STUDIO C

ATHLETIC 18:15 [45MIN] Claudia STUDIO A	PILATES 18:15 [45MIN] Natalia STUDIO A	PILATES 18:15 [45MIN] Carole D STUDIO A	YOGA 18:15 [45MIN] Carole M STUDIO A	SHAPE 18:00 [45MIN] Natalia STUDIO E
SHAPE 18:15 [45MIN] Méline STUDIO E	SHAPE 18:15 [45MIN] Méline STUDIO E	SHAPE 18:15 [45MIN] Natalia STUDIO E	SHAPE 18:15 [45MIN] Thibaud STUDIO E	VIDEO CYCLING 18:15 [30MIN] STUDIO C
AFRO VIBES TOUS NIVEAUX 18:45 [1H] Marielle STUDIO B	COMMERCIAL TOUS NIVEAUX 18:45 [1H] Sophia STUDIO B	VIDEO CYCLING 18:30 [30MIN] STUDIO C	ATHLETIC 18:15 [45MIN] Natalia STUDIO D	ATHLETIC 18:45 [45MIN] Natalia STUDIO D
ATHLETIC 19:00 [45MIN] Méline STUDIO A	BOXING 19:00 [45MIN] Méline STUDIO D	JUSTDANCE 19:00 [45MIN] Fanny STUDIO A	VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 19:00 [30MIN] STUDIO C
CYCLING 19:00 [45MIN] Natalia STUDIO C	SHAPE 19:00 [45MIN] Natalia STUDIO E	BOXING 19:00 [45MIN] Carole D STUDIO D	COMMERCIAL NIVEAU DÉBUTANT 18:45 [1H] Fanny STUDIO B	
SHAPE 19:00 [45MIN] Claudia STUDIO E	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Fanny STUDIO A	VIDEO CYCLING 19:15 [30MIN] STUDIO C	ATHLETIC 19:00 [45MIN] Thibaud STUDIO D	
COMMERCIAL TOUS NIVEAUX 19:45 [1H] Fanny STUDIO B	CYCLING 19:45 [45MIN] Will STUDIO C	STREET-JAZZ NIVEAU DÉBUTANT 19:45 [1H] Fanny STUDIO A	PILATES 19:00 [45MIN] Méline STUDIO A	
PILATES 20:00 [45MIN] Méline STUDIO D	YOGA 19:45 [45MIN] Vanessa STUDIO D	SHAPE 19:45 [45MIN] Carole D STUDIO E	VIDEO CYCLING 19:15 [30MIN] STUDIO C	
RAGGA DANCEHALL TOUS NIVEAUX 20:45 [1H] Sophia STUDIO A	LYRICAL TOUS NIVEAUX 20:45 [1H] Fanny STUDIO A	VIDEO CYCLING 20:00 [30MIN] STUDIO C	GIRLY TOUS NIVEAUX 19:45 [1H] Natalia STUDIO A	
		L.A STYLE TOUS NIVEAUX 20:45 [1H] Enzo STUDIO A	SHAPE 19:45 [45MIN] Méline STUDIO E	
			VIDEO CYCLING 20:00 [30MIN] STUDIO C	
			TALONS TOUS NIVEAUX 20:45 [1H] Natalia 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] Natalia STUDIO B
10/13 ANS	MERCREDI	STREET-JAZZ 14:00 [1H] Fanny STUDIO A
		NEW STYLE 15:00 [1H] Fanny STUDIO A
14/17 ANS	MERCREDI	L.A STYLE 18:45 [1H] Enzo STUDIO B
	VENREDI	STREET-JAZZ 18:15 [1H] Fanny 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
Mercrèdi* : 12:00-22:00
Jeudi : 12:00-14:00 / 17:00-22:00
Vendredì : 12:00-14:00 / 17:00-20:00
Samedi : 09:30-12:00
Dimanche : fermé

*fermé le Mercredi de 14:00 à 17:00 pendant les vacances scolaires