



**ADULTES**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>YOGA</b> 12:30 [45MIN] Léa STUDIO A	<b>CYCLING</b> 12:30 [45MIN] Will STUDIO C	<b>ATHLETIC</b> 12:30 [45MIN] Natalia STUDIO A	<b>AERODANCE</b> 12:30 [45MIN] Gwen STUDIO A	<b>YOGA</b> 12:30 [45MIN] Victoire STUDIO A	<b>SHAPE</b> 09:45 [45MIN] Thibaud, Elie, Natalia STUDIO E
<b>VIDEO CYCLING</b> 12:30 [30MIN] STUDIO C	<b>SHAPE</b> 12:30 [45MIN] Natalia STUDIO E	<b>VIDEO CYCLING</b> 12:30 [30MIN] STUDIO C	<b>VIDEO CYCLING</b> 12:30 [30MIN] STUDIO C	<b>CYCLING</b> 12:30 [30MIN] Natalia STUDIO C	<b>VIDEO CYCLING</b> 10:00 [30MIN] STUDIO C
<b>BOXING</b> 12:30 [45MIN] Natalia STUDIO D		<b>PILATES</b> 12:30 [45MIN] Elie STUDIO D	<b>SHAPE</b> 12:30 [45MIN] Natalia STUDIO E		<b>ATHLETIC OU BOXING</b> 10:45 [45MIN] Thibaud, Elie, Natalia STUDIO A OU D
					<b>VIDEO CYCLING</b> 10:45 [30MIN] STUDIO C

<b>SHAPE</b> 18:15 [45MIN] Claudia STUDIO E	<b>PILATES</b> 18:15 [45MIN] Natalia STUDIO A	<b>SHAPE</b> 18:15 [45MIN] Natalia STUDIO E	<b>YOGA</b> 18:15 [45MIN] Victoire STUDIO D	<b>SHAPE</b> 18:00 [45MIN] Elie STUDIO E
<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>SHAPE</b> 18:15 [45MIN] Natalia STUDIO E	<b>VIDEO CYCLING</b> 18:15 [30MIN] STUDIO C
<b>STREET-JAZZ NIVEAU DEBUTANT</b> 18:45 [1H] Marielle STUDIO B	<b>COMMERCIAL TOUS NIVEAUX</b> 18:45 [1H] Lily STUDIO B	<b>SHAPE</b> 19:00 [45MIN] Gwen STUDIO E	<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>ATHLETIC</b> 18:45 [45MIN] Elie STUDIO D
<b>ATHLETIC</b> 19:00 [45MIN] Natalia STUDIO D	<b>BOXING</b> 19:00 [45MIN] Natalia STUDIO D	<b>BOXING</b> 19:00 [45MIN] Natalia STUDIO D	<b>COMMERCIAL TOUS NIVEAUX</b> 18:45 [1H] Lily STUDIO B	<b>VIDEO CYCLING</b> 19:00 [30MIN] STUDIO C
<b>JUSTDANCE</b> 19:00 [45MIN] Claudia STUDIO A	<b>SHAPE</b> 19:00 [45MIN] STUDIO E	<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<b>ATHLETIC</b> 19:00 [45MIN] Natalia STUDIO A	
<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<b>STREET-JAZZ NIVEAU DEBUTANT</b> 19:45 [1H] Lily STUDIO A	<b>STREET-JAZZ TOUS NIVEAUX</b> 19:45 [1H] Natalia STUDIO A	<b>PILATES</b> 19:00 [45MIN] Elie STUDIO D	
<b>RAGGA DANCEHALL TOUS NIVEAUX</b> 19:45 [1H] Alexia STUDIO B	<b>CYCLING</b> 19:45 [45MIN] Will STUDIO C	<b>PILATES</b> 19:45 [45MIN] Gwen STUDIO D	<b>GIRLY TOUS NIVEAUX</b> 19:45 [1H] Natalia STUDIO A	
<b>PILATES</b> 20:00 [45MIN] STUDIO A	<b>YOGA</b> 20:00 [45MIN] Victoire STUDIO D	<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C	<b>SHAPE</b> 19:45 [45MIN] Elie STUDIO E	
<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C			<b>VIDEO CYCLING</b> 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  
**Judi :** 12:00-14:00 / 17:00-21:00  
**Vendredi :** 12:00-14:00 / 17:00-20:00  
**Samedi :** 09:30-12:00  
**Dimanche :** fermé

**PLANNING AOÛT**  
Fermeture du 4 au 18 Août