



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	CROSS TRAINING 12:30 [45MIN] Arnaud STUDIO A	YOGA 12:30 [45MIN] Charline STUDIO A	SHAPE 09:45 [45MIN] Coachs 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			ATHLETIC OU BOXING 10:45 [45MIN] Coachs 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	SHAPE 18:15 [45MIN] Kilian STUDIO E	YOGA 18:15 [45MIN] Charline STUDIO A	SHAPE 18:00 [45MIN] Elie STUDIO E	
VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	SHAPE 18:15 [45MIN] Wilhem 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	CROSS TRAINING 19:00 [45MIN] Arnaud STUDIO A	VIDEO CYCLING 18:30 [30MIN] STUDIO C	ATHLETIC 18:45 [45MIN] Elie STUDIO D	
ATHLETIC 19:00 [45MIN] Natalia STUDIO D	SHAPE 19:00 [45MIN] Natalia STUDIO E	BOXING 19:00 [45MIN] Kilian STUDIO D	RAGGA DANCEHALL NIVEAU DÉBUTANT 18:45 [1H] Marielle STUDIO B	VIDEO CYCLING 19:00 [30MIN] STUDIO C	
JUSTDANCE 19:00 [45MIN] Claudia STUDIO A	STREET-JAZZ NIVEAU DÉBUTANT 19:45 [1H] Ornella STUDIO A	VIDEO CYCLING 19:15 [30MIN] STUDIO C	ATHLETIC 19:00 [45MIN] Wilhem STUDIO D		
VIDEO CYCLING 19:15 [30MIN] STUDIO C	CYCLING 19:45 [45MIN] Will STUDIO C	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Aymeric STUDIO A	PILATES 19:00 [45MIN] Elie STUDIO A		
COMMERCIAL TOUS NIVEAUX 19:45 [1H] Alexandra STUDIO B	YOGA 20:00 [45MIN] Victoire STUDIO D	AFRO BEAT TOUS NIVEAUX 19:45 [1H] Lily STUDIO B	GIRLY TOUS NIVEAUX 19:45 [1H] Natalia STUDIO A		
PILATES 20:00 [45MIN] Natalia STUDIO A		VIDEO CYCLING 20:00 [30MIN] STUDIO C	SHAPE 19:45 [45MIN] Elie STUDIO E		
VIDEO CYCLING 20:00 [30MIN] STUDIO C		PILATES 20:00 [45MIN] Kilian STUDIO D	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