



### 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>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 [45MIN] 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] Thibaud 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>AERODANCE</b> 18:15 [45MIN] Gwen STUDIO A	<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>SHAPE</b> 18:15 [45MIN] Arnaud STUDIO E	<b>SHAPE</b> 18:15 [45MIN] Thibaud STUDIO E	<b>VIDEO CYCLING</b> 18:15 [30MIN] STUDIO C	
<b>STREET-JAZZ NIVEAU DÉBUTANT</b> 18:45 [1H] Marielle STUDIO B	<b>GIRLY TOUS NIVEAUX</b> 18:45 [1H] Ornella STUDIO B	<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<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>SHAPE</b> 19:00 [45MIN] Gwen STUDIO E	<b>RAGGA DANCEHALL NIVEAU DÉBUTANT</b> 18:45 [1H] Marielle 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>BOXING</b> 19:00 [45MIN] Arnaud STUDIO D	<b>ATHLETIC</b> 19:00 [45MIN] Thibaud STUDIO A		
<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<b>STREET-JAZZ NIVEAU DÉBUTANT</b> 19:45 [1H] Ornella STUDIO A	<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<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>STREET-JAZZ TOUS NIVEAUX</b> 19:45 [1H] Aymeric STUDIO A	<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>HIP HOP TOUS NIVEAUX</b> 19:45 [1H] Lily STUDIO B	<b>SHAPE</b> 19:45 [45MIN] Elie STUDIO E		
<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C	<b>LYRICAL TOUS NIVEAUX</b> 20:45 [1H] Mathilde STUDIO A	<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C	<b>CYCLING</b> 20:00 [45MIN] Thibaud STUDIO C		
<b>SHAPE</b> 20:00 [45MIN] Natalia STUDIO E		<b>PILATES</b> 20:00 [45MIN] Gwen STUDIO D	<b>TALONS TOUS NIVEAUX</b> 20:45 [1H] Natalia STUDIO A		
<b>COMMERCIAL TOUS NIVEAUX</b> 20:45 [1H] Alexia STUDIO A		<b>ABSTRACT TOUS NIVEAUX</b> 20:45 [1H] Aymeric STUDIO A			

### ENFANTS [DE 7 À 17 ANS]

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