



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
YOGA 12:30 [45MIN] Maud 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] Charline 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 [30MIN] Natalia STUDIO C	VIDEO CYCLING 10:00 [30MIN] STUDIO C
BOXING 12:30 [45MIN] Natalia STUDIO D		PILATES 12:30 [45MIN] 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 A	PILATES 18:15 [45MIN] Natalia STUDIO A	SHAPE 18:15 [45MIN] Natalia STUDIO E	YOGA 18:15 [45MIN] Charline STUDIO D	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] Thibaud STUDIO E	VIDEO CYCLING 18:15 [30MIN] STUDIO C
RAGGA DANCEHALL NIVEAU DÉBUTANT 18:45 [1H] Marielle STUDIO B	COMMERCIAL TOUS NIVEAUX 18:45 [1H] Ornella STUDIO B	SHAPE 19:00 [45MIN] Gwen STUDIO E	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] Mélina STUDIO D	BOXING 19:00 [45MIN] Natalia STUDIO D	COMMERCIAL TOUS NIVEAUX 18:45 [1H] Lily STUDIO B	VIDEO CYCLING 19:00 [30MIN] STUDIO C
JUSTDANCE 19:00 [45MIN] Claudia STUDIO A	SHAPE 19:00 [45MIN] Natalia STUDIO E	VIDEO CYCLING 19:15 [30MIN] STUDIO C	ATHLETIC 19:00 [45MIN] Thibaud STUDIO A	PILATES 19:00 [45MIN] Elie STUDIO D
VIDEO CYCLING 19:15 [30MIN] STUDIO C	STREET-JAZZ NIVEAU DÉBUTANT 19:45 [1H] Ornella STUDIO A	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Natalia STUDIO A	PILATES 19:45 [45MIN] Gwen STUDIO D	GIRLY TOUS NIVEAUX 19:45 [1H] Natalia STUDIO A
COMMERCIAL TOUS NIVEAUX 19:45 [1H] Lily STUDIO B	CYCLING 19:45 [45MIN] Will STUDIO C	PILATES 19:45 [45MIN] Gwen STUDIO D	VIDEO CYCLING 20:00 [30MIN] STUDIO C	SHAPE 19:45 [45MIN] Elie STUDIO E
PILATES 20:00 [45MIN] Mélina STUDIO A	YOGA 20:00 [45MIN] Maud STUDIO D			
VIDEO CYCLING 20:00 [30MIN] STUDIO C				

ACCÈS & HORAIRES :

IMPULSE
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

PLANNING JUILLET 2024