



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
YOGA 12:30 [45MIN] Coach STUDIO A	CYCLING 12:30 [45MIN] Will STUDIO C	ATHLETIC 12:30 [45MIN] Mathieu STUDIO A	CROSS TRAINING 12:30 [45MIN] Anthony STUDIO A	YOGA 12:30 [45MIN] Nina STUDIO A	SHAPE OU CROSS T. 09:45 [45MIN] Coachs STUDIO E OU A
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] Colombe STUDIO D		PILATES 12:30 [45MIN] Natalia STUDIO D	PILATES 12:30 [45MIN] Camille STUDIO E		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] Kilian STUDIO A	SHAPE 18:15 [45MIN] Kilian STUDIO E	YOGA 18:15 [45MIN] Elodie STUDIO A	SHAPE 18:00 [45MIN] Christophe 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] Colombe STUDIO E	VIDEO CYCLING 18:15 [30MIN] STUDIO C
STREET-JAZZ NIVEAU DEBUTANT 18:45 [1H] Talhia STUDIO B	GIRLY TOUS NIVEAUX 18:45 [1H] Olivia STUDIO B	CROSS TRAINING 19:00 [45MIN] Anthony STUDIO A	VIDEO CYCLING 18:30 [30MIN] STUDIO C	CROSS TRAINING 18:45 [45MIN] Christophe STUDIO D
ATHLETIC 19:00 [45MIN] Mathieu STUDIO D	BOXING 19:00 [45MIN] Anthony STUDIO D	BOXING 19:00 [45MIN] Kilian STUDIO D	AFRO NIVEAU DEBUTANT 18:45 [1H] Lily STUDIO B	VIDEO CYCLING 19:00 [30MIN] STUDIO C
JUSTDANCE 19:00 [45MIN] Claudia STUDIO A	SHAPE 19:00 [45MIN] Kilian STUDIO E	VIDEO CYCLING 19:15 [30MIN] STUDIO C	ATHLETIC 19:00 [45MIN] Serena STUDIO D	
VIDEO CYCLING 19:15 [30MIN] STUDIO C	STREET-JAZZ NIVEAU DEBUTANT 19:45 [1H] Olivia STUDIO A	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Emilie STUDIO A	PILATES 19:00 [45MIN] Colombe STUDIO A	
RAGGA DANCEHALL TOUS NIVEAUX 19:45 [1H] Alexandra STUDIO B	CYCLING 19:45 [45MIN] Will STUDIO C	AFRO TOUS NIVEAUX 19:45 [1H] Lucie STUDIO B	URBAN CHOREO TOUS NIVEAUX 19:45 [1H] Clara STUDIO A	
SHAPE 19:45 [45MIN] Mathieu STUDIO E	YOGA 20:00 [45MIN] Nina STUDIO D	VIDEO CYCLING 20:00 [30MIN] STUDIO C	SHAPE 19:45 [45MIN] Serena STUDIO E	
PILATES 20:00 [45MIN] Mélina STUDIO A	LYRICAL TOUS NIVEAUX 20:45 [1H] Naïa STUDIO A	PILATES 20:00 [45MIN] Kilian STUDIO D	VIDEO CYCLING 20:00 [30MIN] STUDIO C	
VIDEO CYCLING 20:00 [30MIN] STUDIO C		SENSUAL FLOW TOUS NIVEAUX 20:45 [1H] Emilie STUDIO A	HEELS TOUS NIVEAUX 20:45 [1H] Clara STUDIO B	
COMMERCIAL TOUS NIVEAUX 20:45 [1H] Alexandra STUDIO B		COMMERCIAL TOUS NIVEAUX 20:45 [1H] Talhia STUDIO B		
GIRLY TOUS NIVEAUX 20:45 [1H] Clara 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* : 12:00-22:00
Jedi : 12:00-14:00 / 17:00-22:00
Vendredi : 12:00-14:00 / 17:00-20:00
Samedi : 09:30-12:00
Dimanche : fermé

*Vacances scolaires
12:00-14:00 / 17:00-22:00

ENFANTS [DE 7 À 17 ANS]

MERCREDI

7/9 ANS	HIP-HOP 14:00 [1H] Olivia STUDIO B
	STREET-JAZZ 15:00 [1H] Mathilde STUDIO B

MERCREDI

10/13 ANS	STREET-JAZZ 14:00 [1H] Mathilde STUDIO A
	HIP-HOP 15:00 [1H] Olivia STUDIO A

MERCREDI

14/17 ANS	HIP-HOP 18:45 [1H] Lucie STUDIO B
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VENREDI

STREET-JAZZ 18:15 [1H] Thais STUDIO A
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