



## ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
<b>YOGA</b> 12:30 [45MIN] Coachs STUDIO A	<b>CYCLING</b> 12:30 [45MIN] Will STUDIO C	<b>ATHLETIC</b> 12:30 [45MIN] Mathieu STUDIO A	<b>CROSS TRAINING</b> 12:30 [45MIN] Anthony STUDIO A	<b>YOGA</b> 12:30 [45MIN] Coachs STUDIO A	<b>SHAPE OU CROSS T.</b> 09:45 [45MIN] Coachs STUDIO E OU A
<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] Colombe STUDIO D		<b>PILATES</b> 12:30 [45MIN] Natalia STUDIO D	<b>PILATES</b> 12:30 [45MIN] Camille STUDIO E		<b>BOXING</b> 10:45 [45MIN] Coachs STUDIO 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] Kilian STUDIO A	<b>SHAPE</b> 18:15 [45MIN] Kilian STUDIO E	<b>SHAPE</b> 18:15 [45MIN] Wilhem STUDIO E	<b>SHAPE</b> 18:00 [45MIN] Christophe 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>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>VIDEO CYCLING</b> 18:15 [30MIN] STUDIO C	
<b>STREET-JAZZ NIVEAU DÉBUTANT</b> 18:45 [1H] Talhia STUDIO B	<b>GIRLY TOUS NIVEAUX</b> 18:45 [1H] Ornella STUDIO B	<b>GIRLY TOUS NIVEAUX</b> 18:45 [1H] Clara STUDIO B	<b>AFRO NIVEAU DÉBUTANT</b> 18:45 [1H] Lily STUDIO B	<b>CROSS TRAINING</b> 18:45 [45MIN] Christophe STUDIO D	
<b>ATHLETIC</b> 19:00 [45MIN] Mathieu STUDIO D	<b>SHAPE</b> 19:00 [45MIN] Kilian STUDIO E	<b>CROSS TRAINING</b> 19:00 [45MIN] Anthony STUDIO A	<b>ATHLETIC</b> 19:00 [45MIN] Wilhem STUDIO D	<b>VIDEO CYCLING</b> 19:00 [30MIN] STUDIO C	
<b>JUSTDANCE</b> 19:00 [45MIN] Claudia STUDIO A	<b>STREET-JAZZ NIVEAU DÉBUTANT</b> 19:45 [1H] Ornella STUDIO A	<b>BOXING</b> 19:00 [45MIN] Kilian STUDIO D	<b>YOGA</b> 19:00 [45MIN] Coachs STUDIO A		
<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<b>CYCLING</b> 19:45 [45MIN] Will STUDIO C	<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<b>COMMERCIAL TOUS NIVEAUX</b> 19:45 [1H] Diane STUDIO A		
<b>COMMERCIAL TOUS NIVEAUX</b> 19:45 [1H] Alexandra STUDIO B	<b>YOGA</b> 20:00 [45MIN] Coachs STUDIO D	<b>STREET-JAZZ TOUS NIVEAUX</b> 19:45 [1H] Talhia STUDIO B	<b>SHAPE</b> 19:45 [45MIN] Coachs STUDIO E		
<b>PILATES</b> 20:00 [45MIN] Méline STUDIO A		<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C	<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C		
<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C		<b>PILATES</b> 20:00 [45MIN] Kilian STUDIO D			

### 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