



**ADULTES**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>YOGA</b> 12:30 (45MIN) Maud STUDIO A	<b>CYCLING</b> 12:30 (45MIN) Will STUDIO C	<b>ATHLETIC</b> 12:30 (45MIN) Natalia STUDIO A	<b>JUSTDANCE</b> 12:30 (45MIN) Yassine STUDIO A	<b>YOGA</b> 12:30 (45MIN) Charline 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>SHAPE</b> 18:15 (45MIN) Natalia STUDIO E	<b>YOGA</b> 18:15 (45MIN) Charline 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>VIDEO CYCLING</b> 18:30 (30MIN) STUDIO C	<b>SHAPE</b> 18:15 (45MIN) Thibaud STUDIO E	<b>VIDEO CYCLING</b> 18:15 (30MIN) STUDIO C
<b>RAGGA DANCEHALL NIVEAU DEBUTANT</b> 18:45 (1H) Marielle STUDIO B	<b>RAGGA DANCEHALL TOUS NIVEAUX</b> 18:45 (1H) Sophia STUDIO B	<b>SHAPE</b> 19:00 (45MIN) Sylvie STUDIO E	<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>SHAPE</b> 19:00 (45MIN) Natalia STUDIO E	<b>BOXING</b> 19:00 (45MIN) Natalia STUDIO D	<b>COMMERCIAL TOUS NIVEAUX</b> 18:45 (1H) Alexia STUDIO B	<b>VIDEO CYCLING</b> 19:00 (30MIN) STUDIO C
<b>JUSTDANCE</b> 19:00 (45MIN) Claudia STUDIO A	<b>BOXING</b> 19:00 (45MIN) Méline STUDIO D	<b>VIDEO CYCLING</b> 19:15 (30MIN) STUDIO C	<b>ATHLETIC</b> 19:00 (45MIN) Thibaud STUDIO A	<b>VIDEO CYCLING</b> 19:00 (45MIN) Elie STUDIO D
<b>VIDEO CYCLING</b> 19:15 (30MIN) STUDIO C	<b>STREET-JAZZ NIVEAU DEBUTANT</b> 19:45 (1H) Morgane STUDIO A	<b>STREET-JAZZ TOUS NIVEAUX</b> 19:45 (1H) Aymeric STUDIO A	<b>PILATES</b> 19:00 (45MIN) Elie STUDIO D	<b>GIRLY TOUS NIVEAUX</b> 19:45 (1H) Natalia STUDIO A
<b>JAZZ FUNK TOUS NIVEAUX</b> 19:45 (1H) Alexia STUDIO B	<b>CYCLING</b> 19:45 (45MIN) Will STUDIO C	<b>HIP HOP TOUS NIVEAUX</b> 19:45 (1H) Enzo STUDIO B	<b>SHAPE</b> 19:45 (45MIN) Elie STUDIO E	
<b>PILATES</b> 20:00 (45MIN) Méline STUDIO A	<b>YOGA</b> 20:00 (45MIN) Maud STUDIO D	<b>PILATES</b> 19:45 (45MIN) Sylvie STUDIO D	<b>CYCLING</b> 20:00 (45MIN) Thibaud STUDIO C	
<b>VIDEO CYCLING</b> 20:00 (30MIN) STUDIO C	<b>LYRICAL TOUS NIVEAUX</b> 20:45 (1H) Morgane STUDIO A	<b>VIDEO CYCLING</b> 20:00 (30MIN) STUDIO C	<b>TALONS TOUS NIVEAUX</b> 20:45 (1H) Natalia STUDIO A	
<b>SHAPE</b> 20:00 (45MIN) Natalia STUDIO E		<b>ABSTRACT TOUS NIVEAUX</b> 20:45 (1H) Aymeric STUDIO A		
<b>COMMERCIAL TOUS NIVEAUX</b> 20:45 (1H) Sophia STUDIO A				

**ENFANTS  
(DE 7 À 17 ANS)**

MERCREDI	
<b>7/9 ANS</b>	<b>HIP HOP</b> 14:00 (1H) Natalia STUDIO B
	<b>STREET-JAZZ</b> 15:00 (1H) Noëlle STUDIO B
MERCREDI	
<b>10/13 ANS</b>	<b>STREET-JAZZ</b> 14:00 (1H) Noëlle STUDIO A
	<b>HIP HOP</b> 15:00 (1H) Natalia STUDIO A
MERCREDI	
<b>14/17 ANS</b>	<b>HIP HOP</b> 18:45 (1H) Enzo STUDIO B
	<b>VENDREDI</b>
	<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  
**Mercrèdi\*** : 12:00-22:00  
**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

\*Hors vacances scolaires