



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
YOGA 12:30 [45MIN] Léa 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] Léa STUDIO A	SHAPE 09:45 [45MIN] Coachs 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 [45MIN] Laura STUDIO C	VIDEO CYCLING 10:00 [30MIN] STUDIO C
BOXING 12:30 [45MIN] Coach STUDIO D		PILATES 12:30 [45MIN] Natalia STUDIO D	PILATES 12:30 [45MIN] Laura STUDIO E		BOXING OU ATHLETIC 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	AERODANCE 18:15 [45MIN] Antonin STUDIO A	YOGA 18:15 [45MIN] Johanna STUDIO A	SHAPE 18:00 [45MIN] Elie STUDIO E
VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	SHAPE 18:15 [45MIN] Kilian STUDIO E	SHAPE 18:15 [45MIN] Wilhem STUDIO E	VIDEO CYCLING 18:15 [30MIN] STUDIO C
STREET-JAZZ NIVEAU DÉBUTANT 18:45 [1H] Thalia STUDIO B	GIRLY TOUS NIVEAUX 18:45 [1H] Ornella STUDIO B	VIDEO CYCLING 18:30 [30MIN] STUDIO C	VIDEO CYCLING 18:30 [30MIN] STUDIO C	ATHLETIC 18:45 [45MIN] Elie STUDIO D
ATHLETIC 19:00 [45MIN] Mathieu STUDIO D	BOXING 19:00 [45MIN] Anthony STUDIO D	CROSS TRAINING 19:00 [45MIN] Anthony STUDIO A	AFRO NIVEAU DÉBUTANT 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	BOXING 19:00 [45MIN] Kilian STUDIO D	ATHLETIC 19:00 [45MIN] Wilhem STUDIO D	PILATES 19:00 [45MIN] Laura STUDIO A
VIDEO CYCLING 19:15 [30MIN] STUDIO C	STREET-JAZZ NIVEAU DÉBUTANT 19:45 [1H] Ornella STUDIO A	VIDEO CYCLING 19:15 [30MIN] STUDIO C	PILATES 19:00 [45MIN] Laura STUDIO A	
RAGGA DANCEHALL TOUS NIVEAUX 19:45 [1H] Alexandra STUDIO B	CYCLING 19:45 [45MIN] Will STUDIO C	STREET-JAZZ TOUS NIVEAUX 19:45 [1H] Aymeric STUDIO A	URBAN CHOREO TOUS NIVEAUX 19:45 [1H] ★ Orienté spectacle dès Février Cloé STUDIO A	
PILATES 20:00 [45MIN] Mélina STUDIO A	YOGA 20:00 [45MIN] Victoire STUDIO D	AFRO TOUS NIVEAUX 19:45 [1H] Lily STUDIO B	SHAPE 19:45 [45MIN] Laura STUDIO E	
VIDEO CYCLING 20:00 [30MIN] STUDIO C	LYRICAL TOUS NIVEAUX 20:45 [1H] ★ Orienté spectacle dès Février Mathilde STUDIO A	VIDEO CYCLING 20:00 [30MIN] STUDIO C	PILATES 20:00 [45MIN] Kilian STUDIO D	VIDEO CYCLING 20:00 [30MIN] STUDIO C
SHAPE 20:00 [45MIN] Mathieu STUDIO E		PILATES 20:00 [45MIN] Kilian STUDIO D	TALONS TOUS NIVEAUX 20:45 [1H] Clara STUDIO B	
COMMERCIAL TOUS NIVEAUX 20:45 [1H] ★ Orienté spectacle dès Février Alexandra STUDIO B		ABSTRACT TOUS NIVEAUX 20:45 [1H] ★ Orienté spectacle dès Février Aymeric STUDIO A	STREET JAZZ TOUS NIVEAUX 20:45 [1H] ★ Orienté spectacle dès Février Cloé STUDIO A	
GIRLY TOUS NIVEAUX 20:45 [1H] Clara STUDIO A		COMMERCIAL TOUS NIVEAUX 20:45 [1H] ★ Orienté spectacle dès Février Thalia STUDIO B		

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
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

*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] Ornella 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] Ornella STUDIO A
MERCREDI
14/17 ANS HIP-HOP 18:45 [1H] Lily STUDIO B STREET-JAZZ 18:15 [1H] Diane STUDIO A
VENDREDI