



## ADULTES

| LUNDI                                              | MARDI                                             | MERCREDI                                             | JEUDI                                                      | VENREDI                                             | SAMEDI                                            |
|----------------------------------------------------|---------------------------------------------------|------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------|
| <b>YOGA</b> 12:30 (45MIN)<br>Léa<br>STUDIO A       | <b>CYCLING</b> 12:30 (45MIN)<br>Will<br>STUDIO C  | <b>ATHLETIC</b> 12:30 (45MIN)<br>Mathieu<br>STUDIO A | <b>CROSS TRAINING</b> 12:30 (45MIN)<br>Anthony<br>STUDIO A | <b>YOGA</b> 12:30 (45MIN)<br>Léa<br>STUDIO A        | <b>SHAPE</b> 09:45 (45MIN)<br>Coachs<br>STUDIO E  |
| <b>VIDEO CYCLING</b> 12:30 (30MIN)<br>STUDIO C     | <b>SHAPE</b> 12:30 (45MIN)<br>Natalia<br>STUDIO E | <b>VIDEO CYCLING</b> 12:30 (30MIN)<br>STUDIO C       | <b>VIDEO CYCLING</b> 12:30 (30MIN)<br>STUDIO C             | <b>CYCLING</b> 12:30 (45MIN)<br>Natalia<br>STUDIO C | <b>VIDEO CYCLING</b> 10:00 (30MIN)<br>STUDIO C    |
| <b>BOXING</b> 12:30 (45MIN)<br>Colombe<br>STUDIO D |                                                   | <b>PILATES</b> 12:30 (45MIN)<br>Natalia<br>STUDIO D  | <b>PILATES</b> 12:30 (45MIN)<br>Camille<br>STUDIO E        |                                                     | <b>BOXING</b> 10:45 (30MIN)<br>Coachs<br>STUDIO D |
|                                                    |                                                   |                                                      |                                                            |                                                     | <b>VIDEO CYCLING</b> 10:45 (30MIN)<br>STUDIO C    |

|                                                                         |                                                                      |                                                                   |                                                                 |                                                               |
|-------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------|
| <b>SHAPE</b> 18:15 (45MIN)<br>Claudia<br>STUDIO E                       | <b>PILATES</b> 18:15 (45MIN)<br>Kilian<br>STUDIO A                   | <b>AERODANCE</b> 18:15 (45MIN)<br>Antonin<br>STUDIO A             | <b>YOGA</b> 18:15 (45MIN)<br>Johanna<br>STUDIO A                | <b>SHAPE</b> 18:00 (45MIN)<br>Christophe<br>STUDIO E          |
| <b>VIDEO CYCLING</b> 18:30 (30MIN)<br>STUDIO C                          | <b>VIDEO CYCLING</b> 18:30 (30MIN)<br>STUDIO C                       | <b>SHAPE</b> 18:15 (45MIN)<br>Kilian<br>STUDIO E                  | <b>SHAPE</b> 18:15 (45MIN)<br>Wilhem<br>STUDIO E                | <b>VIDEO CYCLING</b> 18:15 (30MIN)<br>STUDIO C                |
| <b>STREET-JAZZ NIVEAU DÉBUTANT</b> 18:45 (1H)<br>Talhia<br>STUDIO B     | <b>GIRLY TOUS NIVEAUX</b> 18:45 (1H)<br>Ornella<br>STUDIO B          | <b>VIDEO CYCLING</b> 18:30 (30MIN)<br>STUDIO C                    | <b>VIDEO CYCLING</b> 18:30 (30MIN)<br>STUDIO C                  | <b>CROSS TRAINING</b> 18:45 (45MIN)<br>Christophe<br>STUDIO D |
| <b>ATHLETIC</b> 19:00 (45MIN)<br>Mathieu<br>STUDIO D                    | <b>BOXING</b> 19:00 (45MIN)<br>Anthony<br>STUDIO D                   | <b>CROSS TRAINING</b> 19:00 (45MIN)<br>Anthony<br>STUDIO A        | <b>AFRO NIVEAU DÉBUTANT</b> 18:45 (1H)<br>Lily<br>STUDIO B      | <b>VIDEO CYCLING</b> 19:00 (30MIN)<br>STUDIO C                |
| <b>JUSTDANCE</b> 19:00 (45MIN)<br>Claudia<br>STUDIO A                   | <b>SHAPE</b> 19:00 (45MIN)<br>Kilian<br>STUDIO E                     | <b>BOXING</b> 19:00 (45MIN)<br>Kilian<br>STUDIO D                 | <b>ATHLETIC</b> 19:00 (45MIN)<br>Wilhem<br>STUDIO D             |                                                               |
| <b>VIDEO CYCLING</b> 19:15 (30MIN)<br>STUDIO C                          | <b>STREET-JAZZ NIVEAU DÉBUTANT</b> 19:45 (1H)<br>Ornella<br>STUDIO A | <b>VIDEO CYCLING</b> 19:15 (30MIN)<br>STUDIO C                    | <b>PILATES</b> 19:00 (45MIN)<br>Zach<br>STUDIO A                |                                                               |
| <b>RAGGA DANCEHALL TOUS NIVEAUX</b> 19:45 (1H)<br>Alexandra<br>STUDIO B | <b>CYCLING</b> 19:45 (45MIN)<br>Will<br>STUDIO C                     | <b>STREET-JAZZ TOUS NIVEAUX</b> 19:45 (1H)<br>Aymeric<br>STUDIO A | <b>URBAN CHOREO TOUS NIVEAUX</b> 19:45 (1H)<br>Cléo<br>STUDIO A |                                                               |
| <b>SHAPE</b> 19:45 (45MIN)<br>Mathieu<br>STUDIO E                       | <b>YOGA</b> 20:00 (45MIN)<br>Victoire<br>STUDIO D                    | <b>AFRO TOUS NIVEAUX</b> 19:45 (1H)<br>Lily<br>STUDIO B           | <b>SHAPE</b> 19:45 (45MIN)<br>Zach<br>STUDIO E                  |                                                               |
| <b>PILATES</b> 20:00 (45MIN)<br>Mélina<br>STUDIO A                      | <b>LYRICAL TOUS NIVEAUX</b> 20:45 (1H)<br>Mathilde<br>STUDIO A       | <b>VIDEO CYCLING</b> 20:00 (30MIN)<br>STUDIO C                    | <b>VIDEO CYCLING</b> 20:00 (30MIN)<br>STUDIO C                  |                                                               |
| <b>VIDEO CYCLING</b> 20:00 (30MIN)<br>STUDIO C                          |                                                                      | <b>PILATES</b> 20:00 (45MIN)<br>Kilian<br>STUDIO D                | <b>TALONS TOUS NIVEAUX</b> 20:45 (1H)<br>Clara<br>STUDIO B      |                                                               |
| <b>COMMERCIAL TOUS NIVEAUX</b> 20:45 (1H)<br>Alexandra<br>STUDIO B      |                                                                      | <b>ABSTRACT TOUS NIVEAUX</b> 20:45 (1H)<br>Aymeric<br>STUDIO A    | <b>STREET JAZZ TOUS NIVEAUX</b> 20:45 (1H)<br>Cléo<br>STUDIO A  |                                                               |
| <b>GIRLY TOUS NIVEAUX</b> 20:45 (1H)<br>Clara<br>STUDIO A               |                                                                      | <b>COMMERCIAL TOUS NIVEAUX</b> 20:45 (1H)<br>Talhia<br>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

|                |                                                       |
|----------------|-------------------------------------------------------|
| <b>7/9 ANS</b> | <b>HIP-HOP</b> 14:00 (1H)<br>Ornella<br>STUDIO B      |
|                | <b>STREET-JAZZ</b> 15:00 (1H)<br>Mathilde<br>STUDIO B |

### MERCREDI

|                  |                                                       |
|------------------|-------------------------------------------------------|
| <b>10/13 ANS</b> | <b>STREET-JAZZ</b> 14:00 (1H)<br>Mathilde<br>STUDIO A |
|                  | <b>HIP-HOP</b> 15:00 (1H)<br>Ornella<br>STUDIO A      |

### MERCREDI

|                  |                                                    |
|------------------|----------------------------------------------------|
| <b>14/17 ANS</b> | <b>HIP-HOP</b> 18:45 (1H)<br>Lily<br>STUDIO B      |
|                  | <b>STREET-JAZZ</b> 18:15 (1H)<br>Diane<br>STUDIO A |