



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
YOGA12:30 [45MIN] Léa STUDIO A	CYCLING12:30 [45MIN] Will STUDIO C	ATHLETIC12:30 [45MIN] Mathieu STUDIO A	CROSS TRAINING12:30 [45MIN] Anthony STUDIO A	YOGA12:30 [45MIN] Léa STUDIO A	SHAPE09:45 [45MIN] Coachs STUDIO E
VIDEO CYCLING12:30 [30MIN] STUDIO C	SHAPE12:30 [45MIN] Natalia STUDIO E	VIDEO CYCLING12:30 [30MIN] STUDIO C	VIDEO CYCLING12:30 [30MIN] STUDIO C	CYCLING12:30 [45MIN] Laura STUDIO C	VIDEO CYCLING10:00 [30MIN] STUDIO C
BOXING12:30 [45MIN] Anthony STUDIO D		PILATES12:30 [45MIN] Natalia STUDIO D	PILATES12:30 [45MIN] Laura STUDIO E		BOXING OU ATHLETIC10:45 [45MIN] Coachs STUDIO A OU D
					VIDEO CYCLING10:45 [30MIN] STUDIO C

SHAPE18:15 [45MIN] Claudia STUDIO E	PILATES18:15 [45MIN] Kilian STUDIO A	AERODANCE18:15 [45MIN] Antonin STUDIO A	YOGA18:15 [45MIN] Johanna STUDIO A	SHAPE18:00 [45MIN] Elie STUDIO E
VIDEO CYCLING18:30 [30MIN] STUDIO C	VIDEO CYCLING18:30 [30MIN] STUDIO C	SHAPE18:15 [45MIN] Kilian STUDIO E	SHAPE18:15 [45MIN] Wilhem STUDIO E	VIDEO CYCLING18:15 [30MIN] STUDIO C
STREET-JAZZ NIVEAU DÉBUTANT18:45 [1H] Talhia STUDIO B	GIRLY TOUS NIVEAUX18:45 [1H] Ornella STUDIO B	VIDEO CYCLING18:30 [30MIN] STUDIO C	VIDEO CYCLING18:30 [30MIN] STUDIO C	ATHLETIC18:45 [45MIN] Elie STUDIO D
ATHLETIC19:00 [45MIN] Mathieu STUDIO D	BOXING19:00 [45MIN] Anthony STUDIO D	CROSS TRAINING19:00 [45MIN] Anthony STUDIO A	AFRO NIVEAU DÉBUTANT18:45 [1H] Lily STUDIO B	VIDEO CYCLING19:00 [30MIN] STUDIO C
JUSTDANCE19:00 [45MIN] Claudia STUDIO A	SHAPE19:00 [45MIN] Kilian STUDIO E	BOXING19:00 [45MIN] Kilian STUDIO D	ATHLETIC19:00 [45MIN] Wilhem STUDIO D	
VIDEO CYCLING19:15 [30MIN] STUDIO C	STREET-JAZZ NIVEAU DÉBUTANT19:45 [1H] Ornella STUDIO A	VIDEO CYCLING19:15 [30MIN] STUDIO C	PILATES19:00 [45MIN] Laura STUDIO A	
RAGGA DANCEHALL TOUS NIVEAUX19:45 [1H] Alexandra STUDIO B	CYCLING19:45 [45MIN] Will STUDIO C	STREET-JAZZ TOUS NIVEAUX19:45 [1H] Aymeric STUDIO A	URBAN CHOREO TOUS NIVEAUX19:45 [1H] ★ Orienté spectacle dès Février Cloé STUDIO A	
PILATES20:00 [45MIN] Mélina STUDIO A	YOGA20:00 [45MIN] Victoire STUDIO D	AFRO TOUS NIVEAUX19:45 [1H] Lily STUDIO B	SHAPE19:45 [45MIN] Laura STUDIO E	
VIDEO CYCLING20:00 [30MIN] STUDIO C	LYRICAL TOUS NIVEAUX20:45 [1H] ★ Orienté spectacle dès Février Mathilde STUDIO A	VIDEO CYCLING20:00 [30MIN] STUDIO C	VIDEO CYCLING20:00 [30MIN] STUDIO C	
SHAPE20:00 [45MIN] Mathieu STUDIO E		PILATES20:00 [45MIN] Kilian STUDIO D	TALONS TOUS NIVEAUX20:45 [1H] Clara STUDIO B	
COMMERCIAL TOUS NIVEAUX20:45 [1H] ★ Orienté spectacle dès Février Alexandra STUDIO B		ABSTRACT TOUS NIVEAUX20:45 [1H] ★ Orienté spectacle dès Février Aymeric STUDIO A	STREET JAZZ TOUS NIVEAUX20:45 [1H] ★ Orienté spectacle dès Février Cloé STUDIO A	
GIRLY TOUS NIVEAUX20:45 [1H] Clara STUDIO A		COMMERCIAL TOUS NIVEAUX20:45 [1H] ★ Orienté spectacle dès Février Talhia 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-HOP14:00 [1H] Ornella STUDIO B STREET-JAZZ15:00 [1H] Mathilde STUDIO B
MERCREDI
10/13 ANS STREET-JAZZ14:00 [1H] Mathilde STUDIO A HIP-HOP15:00 [1H] Ornella STUDIO A
MERCREDI
14/17 ANS HIP-HOP18:45 [1H] Lily STUDIO B STREET-JAZZ18:15 [1H] Diane STUDIO A
VENDREDI