



ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
YOGA 12:30 (45MIN) Maud STUDIO A	CYCLING 12:30 (45MIN) Will STUDIO C	ATHLETIC 12:30 (45MIN) Natalia STUDIO A	AERODANCE 12:30 (45MIN) Gwen STUDIO A	YOGA 12:30 (45MIN) Charline STUDIO A	SHAPE 09:45 (45MIN) Thibaud, Elie, Natalia 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) Natalia STUDIO C	VIDEO CYCLING 10:00 (30MIN) STUDIO C
BOXING 12:30 (45MIN) Natalia STUDIO D		PILATES 12:30 (45MIN) Elie STUDIO D	SHAPE 12:30 (45MIN) Thibaud STUDIO E		ATHLETIC OU BOXING 10:45 (45MIN) Thibaud, Elie, Natalia STUDIO A OU D
					VIDEO CYCLING 10:45 (30MIN) STUDIO C

SHAPE 18:15 (45MIN) Claudia STUDIO E	PILATES 18:15 (45MIN) Natalia STUDIO A	SHAPE 18:15 (45MIN) Natalia STUDIO E	YOGA 18:15 (45MIN) Charline STUDIO D	SHAPE 18:00 (45MIN) Elie STUDIO E
VIDEO CYCLING 18:30 (30MIN) STUDIO C	VIDEO CYCLING 18:30 (30MIN) STUDIO C	VIDEO CYCLING 18:30 (30MIN) STUDIO C	SHAPE 18:15 (45MIN) Thibaud STUDIO E	VIDEO CYCLING 18:15 (30MIN) STUDIO C
RAGGA DANCEHALL NIVEAU DÉBUTANT 18:45 (1H) Marielle STUDIO B	RAGGA DANCEHALL TOUS NIVEAUX 18:45 (1H) Sophia STUDIO B	SHAPE 19:00 (45MIN) Gwen STUDIO E	VIDEO CYCLING 18:30 (30MIN) STUDIO C	ATHLETIC 18:45 (45MIN) Elie STUDIO D
ATHLETIC 19:00 (45MIN) Natalia STUDIO D	SHAPE 19:00 (45MIN) Natalia STUDIO E	BOXING 19:00 (45MIN) Natalia STUDIO D	COMMERCIAL TOUS NIVEAUX 18:45 (1H) Alexia STUDIO B	VIDEO CYCLING 19:00 (30MIN) STUDIO C
JUSTDANCE 19:00 (45MIN) Claudia STUDIO A	BOXING 19:00 (45MIN) Méline STUDIO D	VIDEO CYCLING 19:15 (30MIN) STUDIO C	ATHLETIC 19:00 (45MIN) Thibaud STUDIO A	VIDEO CYCLING 19:00 (45MIN) Elie STUDIO D
VIDEO CYCLING 19:15 (30MIN) STUDIO C	STREET-JAZZ NIVEAU DÉBUTANT 19:45 (1H) Morgane STUDIO A	STREET-JAZZ TOUS NIVEAUX 19:45 (1H) Aymeric STUDIO A	PILATES 19:00 (45MIN) Elie STUDIO D	GIRLY TOUS NIVEAUX 19:45 (1H) Natalia STUDIO A
JAZZ FUNK TOUS NIVEAUX 19:45 (1H) Alexia STUDIO B	CYCLING 19:45 (45MIN) Will STUDIO C	HIP HOP TOUS NIVEAUX 19:45 (1H) Enzo STUDIO B	SHAPE 19:45 (45MIN) Elie STUDIO E	
PILATES 20:00 (45MIN) Méline STUDIO A	YOGA 20:00 (45MIN) Maud STUDIO D	PILATES 19:45 (45MIN) Gwen STUDIO D	CYCLING 20:00 (45MIN) Thibaud STUDIO C	
VIDEO CYCLING 20:00 (30MIN) STUDIO C	LYRICAL TOUS NIVEAUX 20:45 (1H) Morgane STUDIO A	VIDEO CYCLING 20:00 (30MIN) STUDIO C	TALONS TOUS NIVEAUX 20:45 (1H) Natalia STUDIO A	
SHAPE 20:00 (45MIN) Natalia STUDIO E		ABSTRACT TOUS NIVEAUX 20:45 (1H) Aymeric STUDIO A		
COMMERCIAL TOUS NIVEAUX 20:45 (1H) Sophia STUDIO A				

ENFANTS (DE 7 À 17 ANS)

7/9 ANS	MERCREDI
	HIP HOP 14:00 (1H) Natalia STUDIO B
	STREET-JAZZ 15:00 (1H) Noëlie STUDIO B
10/13 ANS	MERCREDI
	STREET-JAZZ 14:00 (1H) Noëlie STUDIO A
	HIP HOP 15:00 (1H) Natalia STUDIO A
14/17 ANS	MERCREDI
	HIP HOP 18:45 (1H) Enzo STUDIO B
	VENDREDI
	STREET-JAZZ 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
Mercrdis* : 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