



## ADULTES

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
<b>YOGA</b> 12:30 [45MIN] Carole M 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] Fanny STUDIO A	<b>PILATES</b> 12:30 [45MIN] Géraldine STUDIO A	<b>SHAPE</b> 09:45 [45MIN] Thibaud, Carole, 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>VIDEO CYCLING</b> 12:30 [30MIN] 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] Carole D STUDIO D	<b>SHAPE</b> 12:30 [45MIN] Thibaud STUDIO E	<b>BOXING</b> 12:30 [45MIN] Natalia STUDIO D	<b>ATHLETIC</b> 10:45 [45MIN] Thibaud, Carole, Natalia STUDIO A
					<b>VIDEO CYCLING</b> 10:45 [30MIN] STUDIO C

<b>ATHLETIC</b> 18:15 [45MIN] Claudia STUDIO A	<b>PILATES</b> 18:15 [45MIN] Natalia STUDIO A	<b>PILATES</b> 18:15 [45MIN] Carole D STUDIO A	<b>YOGA</b> 18:15 [45MIN] Carole M STUDIO A	<b>SHAPE</b> 18:00 [45MIN] Natalia STUDIO E
<b>SHAPE</b> 18:15 [45MIN] Mélina STUDIO E	<b>SHAPE</b> 18:15 [45MIN] Mélina STUDIO E	<b>SHAPE</b> 18:15 [45MIN] Natalia STUDIO E	<b>SHAPE</b> 18:15 [45MIN] Thibaud STUDIO E	<b>VIDEO CYCLING</b> 18:15 [30MIN] STUDIO C
<b>AFRO VIBES TOUS NIVEAUX</b> 18:45 [1H] Marielle STUDIO B	<b>COMMERCIAL TOUS NIVEAUX</b> 18:45 [1H] Sophia STUDIO B	<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>ATHLETIC</b> 18:15 [45MIN] Natalia STUDIO D	<b>ATHLETIC</b> 18:45 [45MIN] Natalia STUDIO D
<b>ATHLETIC</b> 19:00 [45MIN] Mélina STUDIO A	<b>BOXING</b> 19:00 [45MIN] Mélina STUDIO D	<b>JUSTDANCE</b> 19:00 [45MIN] Fanny STUDIO A	<b>VIDEO CYCLING</b> 18:30 [30MIN] STUDIO C	<b>VIDEO CYCLING</b> 19:00 [30MIN] STUDIO C
<b>CYCLING</b> 19:00 [45MIN] Natalia STUDIO C	<b>SHAPE</b> 19:00 [45MIN] Natalia STUDIO E	<b>BOXING</b> 19:00 [45MIN] Carole D STUDIO D	<b>COMMERCIAL NIVEAU DÉBUTANT</b> 18:45 [1H] Fanny STUDIO B	
<b>SHAPE</b> 19:00 [45MIN] Claudia STUDIO E	<b>STREET-JAZZ TOUS NIVEAUX</b> 19:45 [1H] Fanny STUDIO A	<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	<b>ATHLETIC</b> 19:00 [45MIN] Thibaud STUDIO D	
<b>COMMERCIAL TOUS NIVEAUX</b> 19:45 [1H] Fanny STUDIO B	<b>CYCLING</b> 19:45 [45MIN] Will STUDIO C	<b>STREET-JAZZ NIVEAU DÉBUTANT</b> 19:45 [1H] Fanny STUDIO A	<b>PILATES</b> 19:00 [45MIN] Mélina STUDIO A	
<b>PILATES</b> 20:00 [45MIN] Mélina STUDIO A	<b>YOGA</b> 19:45 [45MIN] Vanessa STUDIO D	<b>SHAPE</b> 19:45 [45MIN] Carole D STUDIO E	<b>VIDEO CYCLING</b> 19:15 [30MIN] STUDIO C	
<b>RAGGA DANCEHALL TOUS NIVEAUX</b> 20:45 [1H] Sophia STUDIO A	<b>LYRICAL TOUS NIVEAUX</b> 20:45 [1H] Fanny STUDIO A	<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C	<b>GIRLY TOUS NIVEAUX</b> 19:45 [1H] Natalia STUDIO A	
		<b>L.A STYLE TOUS NIVEAUX</b> 20:45 [1H] Enzo STUDIO A	<b>SHAPE</b> 19:45 [45MIN] Mélina STUDIO E	
			<b>VIDEO CYCLING</b> 20:00 [30MIN] STUDIO C	
			<b>TALONS TOUS NIVEAUX</b> 20:45 [1H] Natalia 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] Natalia STUDIO B
MERCREDI	
<b>10/13 ANS</b>	<b>STREET-JAZZ</b> 14:00 [1H] Fanny STUDIO A
	<b>NEW STYLE</b> 15:00 [1H] Fanny STUDIO A
MERCREDI	
<b>14/17 ANS</b>	<b>L.A STYLE</b> 18:45 [1H] Enzo STUDIO B
	<b>VENREDI</b>
	<b>STREET-JAZZ</b> 18:15 [1H] Fanny 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  
**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

\*fermé le Mercredi de 14:00 à 17:00 pendant les vacances scolaires