

OccitaGym 2026/27	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00			GYM DOUCE	YOGA	POSTURAL BALL®	PILOXING® SSP
11h00			CIRCUIT TRAINING		YOGA PILATES	PILATES
12h30		PILATES				
14h30			PILATES			STAGE
15H30			BODY RENFO			
18h15	STRETCHING	POSTURAL BALL®	PILATES			
19h15	LIA TABATA	PILOXING® SSP	QI GONG	BODY RENFO		
20h15	PILATES			YOGA		