

OccitaGym 2025/26	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00		GYM DOUCE	YOGA	POSTURAL BALL®	PILOXING® SSP
11h00		CIRCUIT MINCEUR		YOGA PILATES	PILATES
12h30	PILATES				
14h30		PILATES			STAGE
17h00					
18h15	POSTURAL BALL®	PILATES		CIRCUIT MINCEUR	
19h15	PILOXING® SSP	YIN YOGA 1er du mois	BODY RENFO		
20h15	STRETCHING		YOGA		