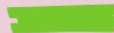
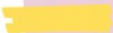
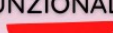
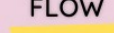
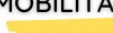


MEETFIT LIVE PLANNING

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
MATTINA	h. 9:15-10:15 POSTURAL PILATES 	h. 9:30-10:15 POSTURALE 	h. 9:30-10:30 GINNASTICA ANTALGICA 	h. 9:15-10:15 POSTURAL PILATES 	h. 9:30-10:30 GINNASTICA DI MANTENIMENTO 
	h. 10:15-11:00 TONIFICAZIONE 	h. 10:15-11:00 TONIFICA & RASSODA 	h. 10:30-11:15 POSTURALE 	h. 10:15-11:00 ALLENAMENTO A CIRCUITO 	
PAUSA PRANZO	h. 12:45-13:30 TOTAL BODY 		h. 12:45-13:30 PILATES 		h. 12:45-13:30 PILATES 
SERA	h. 18:00-18:45 PILATES 	h. 18:45-19:30 BRUCIA GRASSI 	h. 18:30-19:15 FITBOXE 	h. 18:00-18:45 PANCAFIT* 	h. 18:30-19:30 ALLENAMENTO A CIRCUITO 
	h. 18:45-19:30 PILATES 	h. 19:30-20:30 ALLENAMENTO FUNZIONALE 	h. 19:15-20:15 PANCIA PIATTA & FLOW 	h. 18:45-19:30 PUMP 	h. 19:30-20:30 ADDOME & MOBILITA' 
	h. 19:30-20:30 CARDIOTONE 			h. 19:30-20:15 PILATES 	

BASSA INTENSITA' 
 MEDIA INTENSITA' 
 ALTA INTENSITA' 