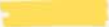
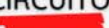
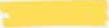


MEETFIT LIVE PLANNING

MATTINA

PAUSA
PRANZO

SERA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
h. 9:15-10:10 POSTURAL PILATES 	h. 9:30-10:25 SOFT GYM 	h. 9:30-10:25 ANTALGICA 	h. 9:15-10:10 POSTURAL PILATES 	h. 9:30-10:25 ANTALGICA 
h. 10:15-11:00 TOTAL BODY 	h. 10:30-11:15 STRETCH/PILATES 	h. 10:30-11:15 POSTURALE 	h. 10:15-11:00 SOFT GYM 	h. 10:30-11:15 PANCAFIT* 
h. 12:45-13:30 PILATES 		h. 12:45-13:30 CIRCUITO 		h. 12:45-13:30 PILATES 
h. 18:00-18:45 PILATES 	h. 18:45-19:40 HIT 	h. 18:30-19:15 FITBOXE 	h. 17:45-18:30 PANCAFIT* 	h. 18:30-19:25 ALLENAMENTO A CIRCUITO 
h. 18:50-19:35 CARDIOTONE 	h. 19:45-20:30 FUNZIONALE 	h. 19:20-20:15 GAG 	h. 18:35-19:20 PUMP 	h. 19:30-20:25 YOGA 
h. 19:40-20:25 PILATES 			h. 19:25-20:10 PILATES 	

BASSA INTENSITA' 
 MEDIA INTENSITA' 
 ALTA INTENSITA' 