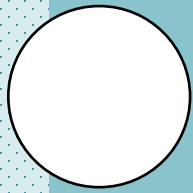


GRUPO TOP

CALENDARIO *semanal*

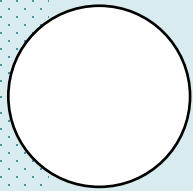
#TÚ
PUEDES
MÁS
BY
ROCKA
FITNESS

1 - 15 JULIO



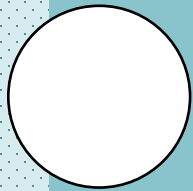
LUN

BODY STRONG



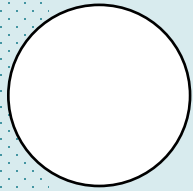
MAR

GAP



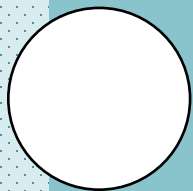
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FUERZA



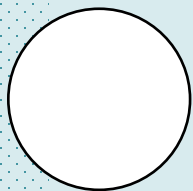
JUE

TABATA



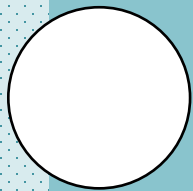
VIE

INFERIOR



SAB

FULLBODY



DOM

DESCANSO

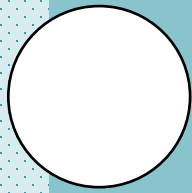


GRUPO TOP

CALENDARIO *semanal*

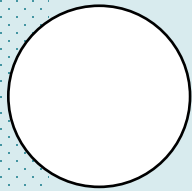
#TÚ
PUEDES
MÁS BY: ROSA FITNESS

16 – 31 JULIO



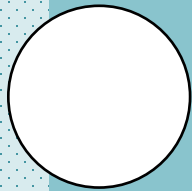
LUN

BODY STRONG



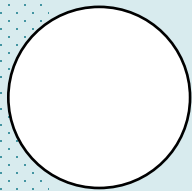
MAR

GLÚTEO



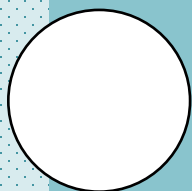
MIE

FULLBODY



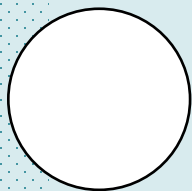
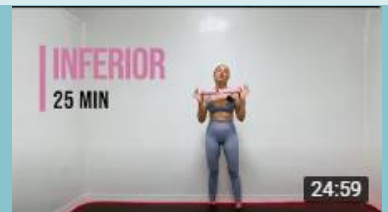
JUE

FUERZA



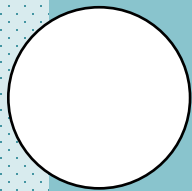
VIE

INFERIOR



SAB

HIIT



DOM

DESCANSO

