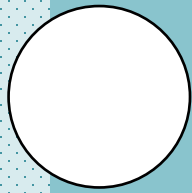


GRUPO TOP

CALENDARIO *Semanal*

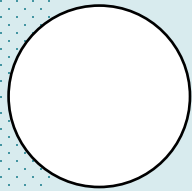
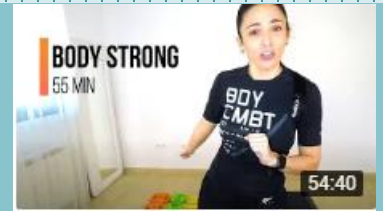
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

1 – 15 OCTUBRE



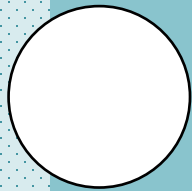
LUN

BODY STRONG



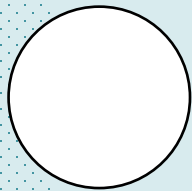
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INFERIOR



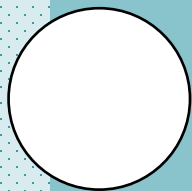
MIE

FULLBODY



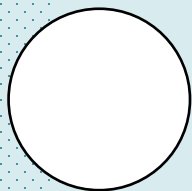
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FUERZA



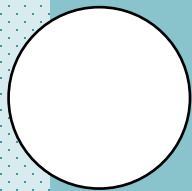
VIE

TRICEPS Y PECHO



SAB

TABATA



DOM

DESCANSO

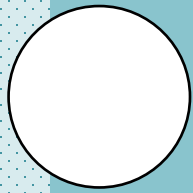


GRUPO TOP

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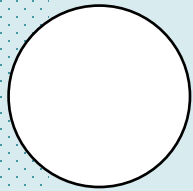
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

16 – 31 OCTUBRE



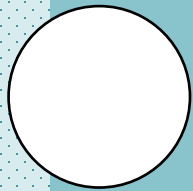
LUN

FULLBODY



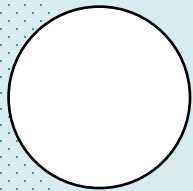
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GLÚTEO



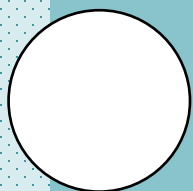
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SUPERIOR



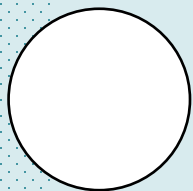
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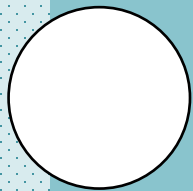
VIE

FULLBODY



SAB

TABATA



DOM

DESCANSO

