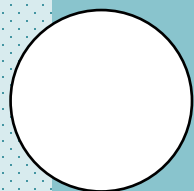


GRUPO TOP

CALENDARIO *Semanal*

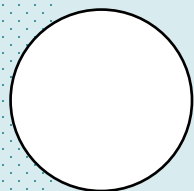
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

1 – 15 SEPTIEMBRE



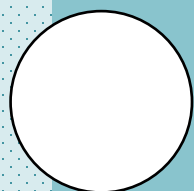
LUN

BODY STRONG



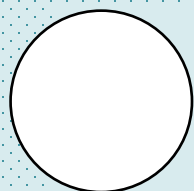
MAR

SUPERIOR



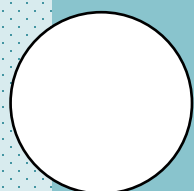
MIE

PIERNAS Y GLÚTEOS



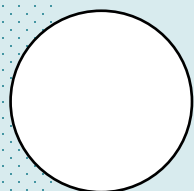
JUE

FULLBODY



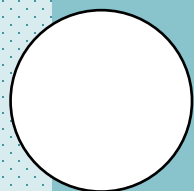
VIE

PECHO



SAB

GAP



DOM

DESCANSO

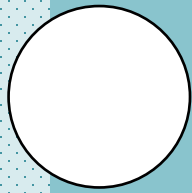


GRUPO TOP

CALENDARIO *Semanal*

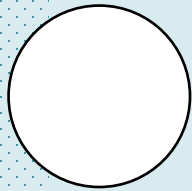
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

16 – 30 SEPTIEMBRE



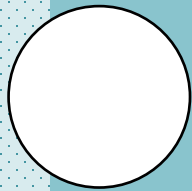
LUN

BODY STRONG



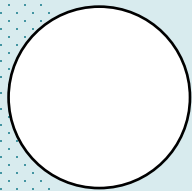
MAR

GLÚTEO



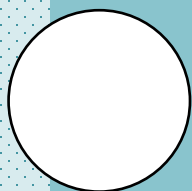
MIE

FULLBODY



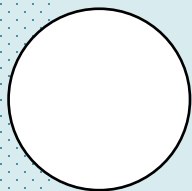
JUE

INFERIOR



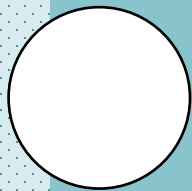
VIE

FUERZA



SAB

MUSLO



DOM

DESCANSO

