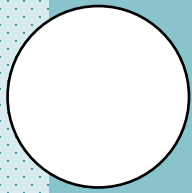


GRUPO TOP

# CALENDARIO *Semanal*

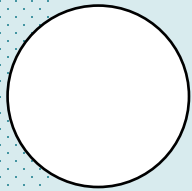
#TÚ  
PUEDES  
MÁS  
BY ROSA  
FITNESS

1 – 15 NOVIEMBRE



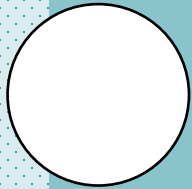
**LUN**

BODY STRONG



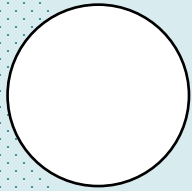
**MAR**

PECHO Y HOMBRO



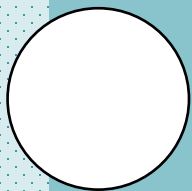
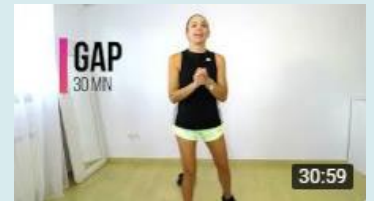
**MIE**

FULLBODY



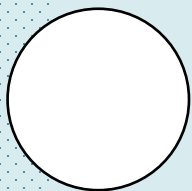
**JUE**

GAP



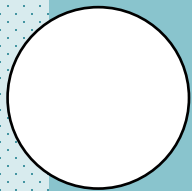
**VIE**

ESPALDA Y BICEPS



**SAB**

GLUTEO



**DOM**

DESCANSO

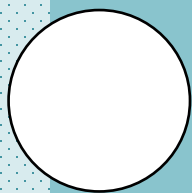


GRUPO TOP

# CALENDARIO *Semanal*

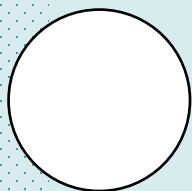
#TÚ  
PUEDES  
MÁS  
BY  
ROGA  
FITNESS

16 – 30 NOVIEMBRE



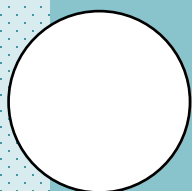
**LUN**

FULLBODY



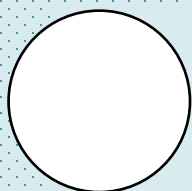
**MAR**

INFERIOR



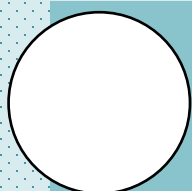
**MIE**

BICEPS Y TRICEPS



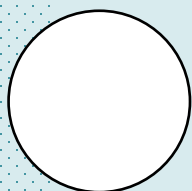
**JUE**

HOMBRO



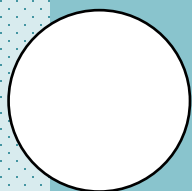
**VIE**

PIERNA Y GLUTEO



**SAB**

HIIT



**DOM**

DESCANSO

