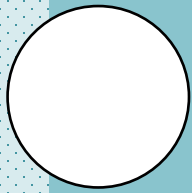


GRUPO TOP

CALENDARIO *Semanal*

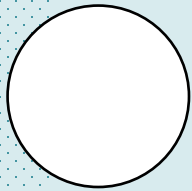
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

1 – 15 DICIEMBRE



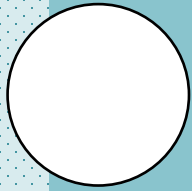
LUN

INFERIOR



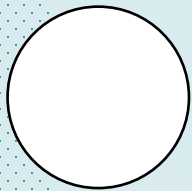
MAR

FUERZA



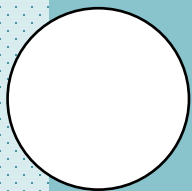
MIE

ESPALDA



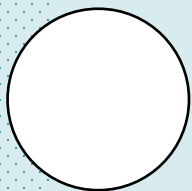
JUE

FULL + TABATA



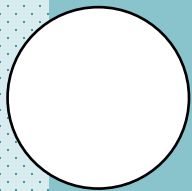
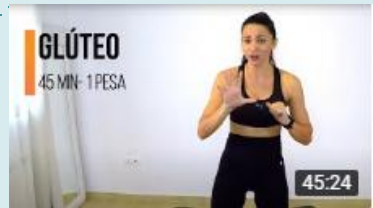
VIE

PECHO



SAB

GLUTEO



DOM

DESCANSO

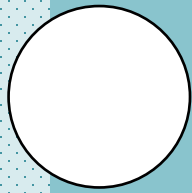


GRUPO TOP

CALENDARIO *Semanal*

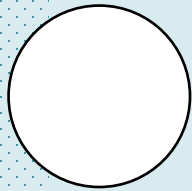
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

16 – 31 DICIEMBRE



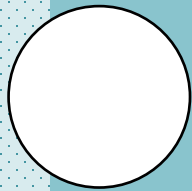
LUN

SUPERIOR



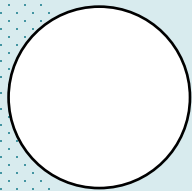
MAR

TABATA



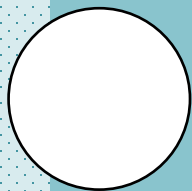
MIE

FULLBODY



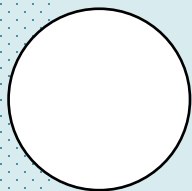
JUE

PECHO Y HOMBRO



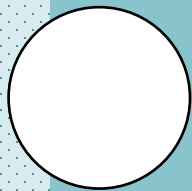
VIE

TABATA



SAB

INFERIOR



DOM

DESCANSO

