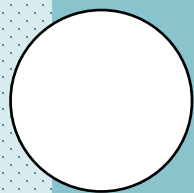


GRUPO TOP

CALENDARIO *Semanal*

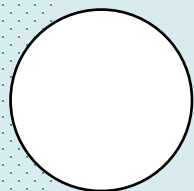
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

1 – 15 ENERO



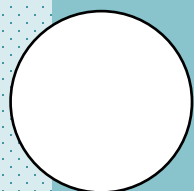
LUN

FULLBODY



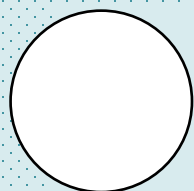
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INFERIOR



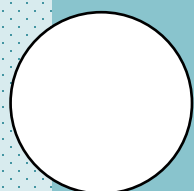
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BICEPS & TRICEPS



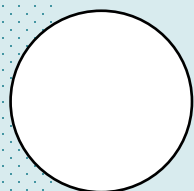
JUE

GLÚTEO



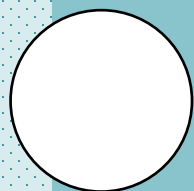
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FUERZA



SAB

HIIT



DOM

DESCANSO

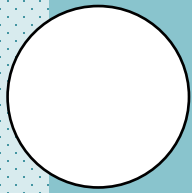


GRUPO TOP

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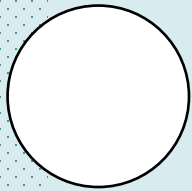
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

16 – 31 ENERO



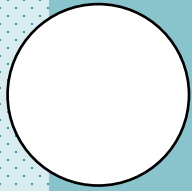
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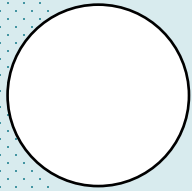
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GAP



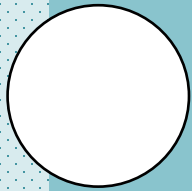
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ESPALDA Y BICEPS



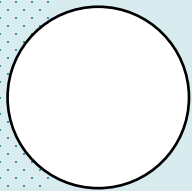
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HOMBRO



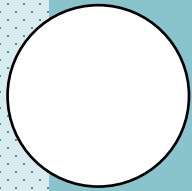
VIE

TABATA



SAB

GLUTEO



DOM

DESCANSO

