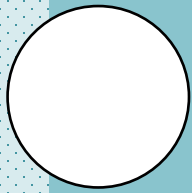


GRUPO TOP

CALENDARIO *Semanal*

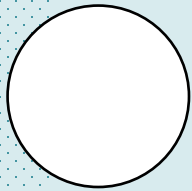
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

1 - 15 ABRIL



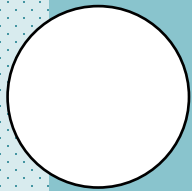
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GAP



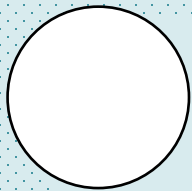
MAR

BICEPS & TRICEPS



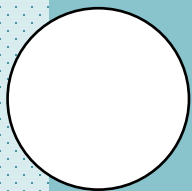
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FULLBODY



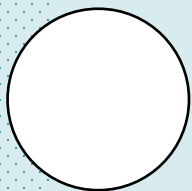
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PIERNAS Y CLUTEOS



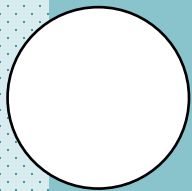
VIE

SUPERIOR



SAB

HIIT



DOM

DESCANSO

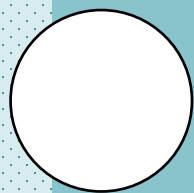


GRUPO TOP

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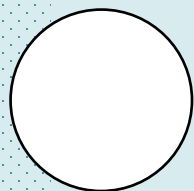
#TÚ
PUEDES
MÁS
BY
ROGA
FITNESS

16 – 30 ABRIL



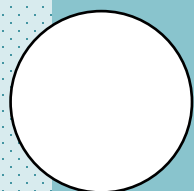
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FULLBODY



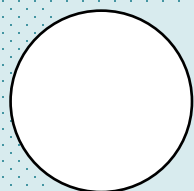
MAR

INFERIOR



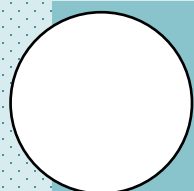
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ESPALDA



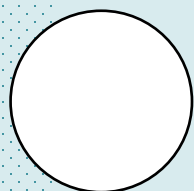
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TRICEPS & PECHO



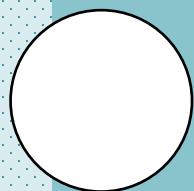
VIE

FULLBODY



SAB

FUERZA



DOM

DESCANSO

