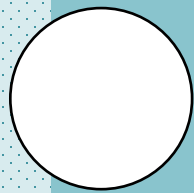


GRUPO TOP

CALENDARIO *semanal*

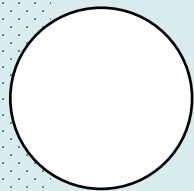
#TÚ
PUEDES
MÁS
BY: ROSA
FITNESS

1 – 15 Diciembre



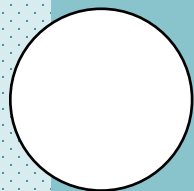
LUN

FULLBODY



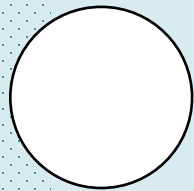
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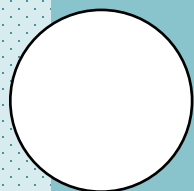
MIE

FULLBODY



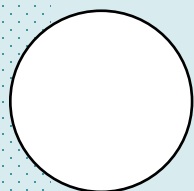
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TREN SUPERIOR



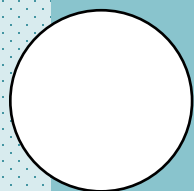
VIE

FULLBODY



SAB

GLÚTEO



DOM

DESCANSO

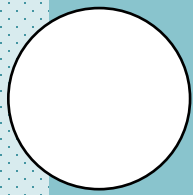


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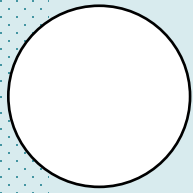
#TÚ
PUEDES
MÁS
BY
ROSA
FITNESS

16 – 31 Diciembre



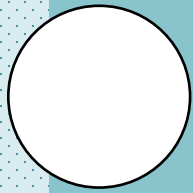
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FULLBODY



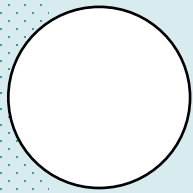
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MUSLO



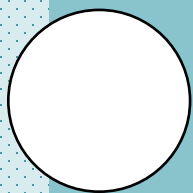
MIE

FULLBODY



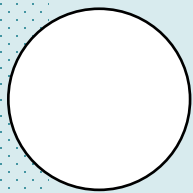
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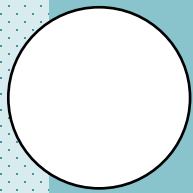
VIE

FULLBODY



SAB

HIIT



DOM

DESCANSO

