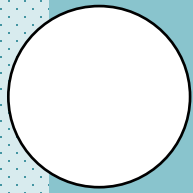


GRUPO TOP

CALENDARIO *semanal*

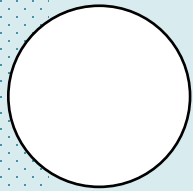
#TÚ
PUEDES
MÁS
BY ROSA
FITNESS

1 – 15 ABRIL



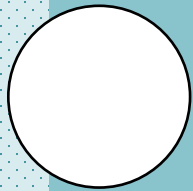
LUN

FULLBODY



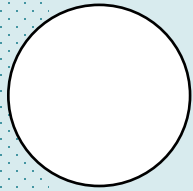
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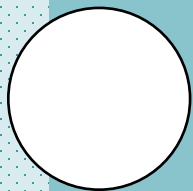
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TREN INFERIOR



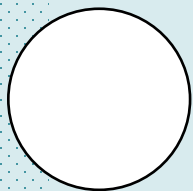
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HOMBRO Y ESPALDA



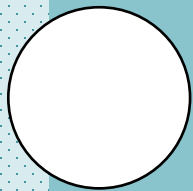
VIE

FULLBODY INTESO



SAB

MUSLO



DOM

DESCANSO

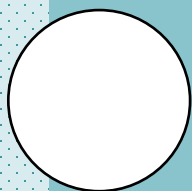


GRUPO TOP

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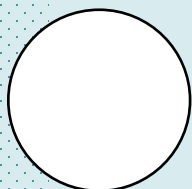
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PUEDES
MÁS
BY ROSA
FITNESS

16 – 30 ABRIL



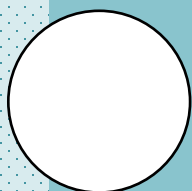
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FULLBODY



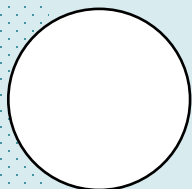
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TREN SUPERIOR



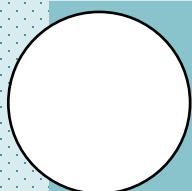
MIE

GAP



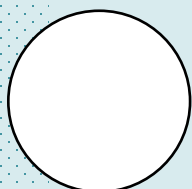
JUE

BICEPS Y TRICEPS



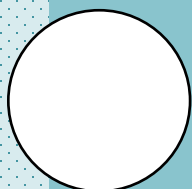
VIE

ABDOMINALES



SAB

GLÚTEO



DOM

DESCANSO

