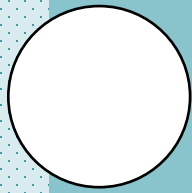


GRUPO TOP

CALENDARIO *semanal*

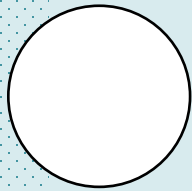
#TÚ PUEDES MÁS
BY ROSA FITNESS

1 - 15 MAYO



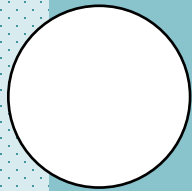
LUN

BODY STRONG



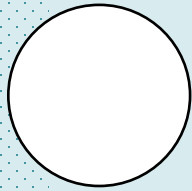
MAR

GAP



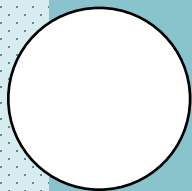
MIE

FUERZA



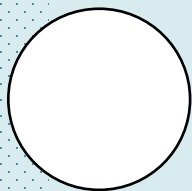
JUE

FULLBODY



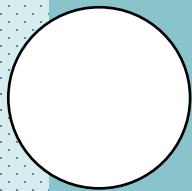
VIE

TABATA



SAB

GLUTEO



DOM

DESCANSO

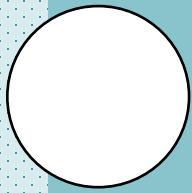


GRUPO TOP

CALENDARIO *semanal*

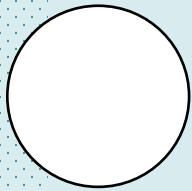
#TÚ
PUEDES
MÁS
BY
ROCKA
FITNESS

16 – 31 MAYO



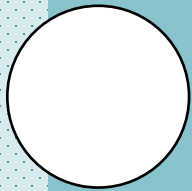
LUN

BODY STRONG



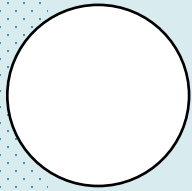
MAR

TREN INFERIOR



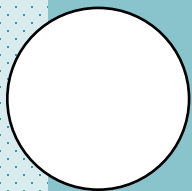
MIE

FULLBODY



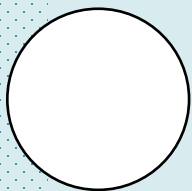
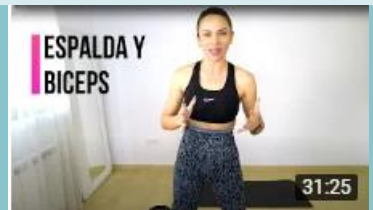
JUE

GLÚTEO



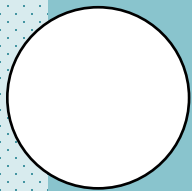
VIE

ESPALDA Y BICEPS



SAB

HIIT



DOM

DESCANSO

