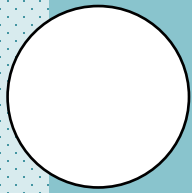


GRUPO TOP

# CALENDARIO *Semanal*

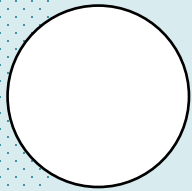
#TÚ  
PUEDES  
MÁS  
BY  
ROGA  
FITNESS

1 – 15 FEBRERO



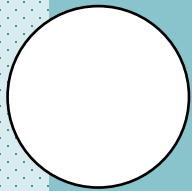
**LUN**

TABATA+FUERZA



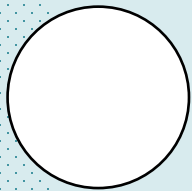
**MAR**

INFERIOR



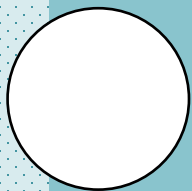
**MIE**

FULLBODY



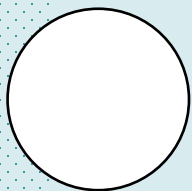
**JUE**

MUSLO



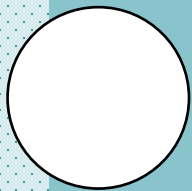
**VIE**

BICEPS & TRICEPS



**SAB**

ESPALDA



**DOM**

DESCANSO

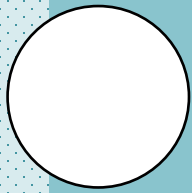


GRUPO TOP

# CALENDARIO *Semanal*

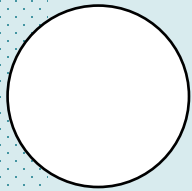
#TÚ  
PUEDES  
MÁS  
BY ROSA  
FITNESS

16 – 28 FEBRERO



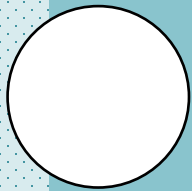
**LUN**

BODY STRONG



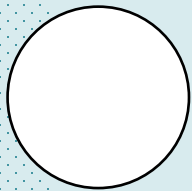
**MAR**

GLUTEOS



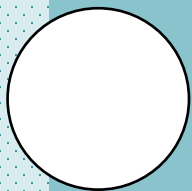
**MIE**

FULLBODY



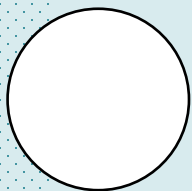
**JUE**

TRISERIES



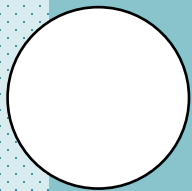
**VIE**

FUERZA



**SAB**

FULLBODY



**DOM**

DESCANSO

