

# PALINSESTO

LUN

MAR

MER

GIO

VEN

SAB

7:30

UPPER  
FOCUS

LIVE  
BETTER

LOWER  
FOCUS

BE REAL

BOOTY  
+ ABS

9:30

TRAIN  
HARD

UPPER  
FOCUS

LIVE  
BETTER

BOOTY  
+ ABS

TRAIN  
HARD

LIVE  
BETTER

11

BOOTY  
+ ABS

12:30

BE REAL

TRAIN  
HARD

UPPER  
FOCUS

LIVE  
BETTER

LOWER  
FOCUS

TRAIN  
HARD

14

BE REAL

18

BOOTY  
+ ABS

BE REAL

TRAIN  
HARD

UPPER  
FOCUS

LIVE  
BETTER

19:30

LIVE  
BETTER

BOOTY  
+ ABS

BE REAL

TRAIN  
HARD

UPPER  
FOCUS

LEVEL



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**THE ROOM**  
FITNESS EXPERIENCE

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