

PALINSESTO

LUN

MAR

MER

GIO

VEN

SAB

7

UPPER
FOCUS

LOWER
FOCUS

TRAIN
HARD

BOOTY
+ ABS

BE REAL

8

UPPER
FOCUS

LOWER
FOCUS

TRAIN
HARD

BOOTY
+ ABS

BE REAL

9

UPPER
FOCUS

LOWER
FOCUS

TRAIN
HARD

BOOTY
+ ABS

BE REAL

BOOTY
+ ABS

10

TRAIN
HARD

11

BE REAL

12

UPPER
FOCUS

LOWER
FOCUS

TRAIN
HARD

BOOTY
+ ABS

BE REAL

LIVE
BETTER

13

UPPER
FOCUS

LOWER
FOCUS

TRAIN
HARD

BOOTY
+ ABS

BE REAL

17

BOOTY
+ ABS

TRAIN
HARD

LOWER
FOCUS

BE REAL

UPPER
FOCUS

18

LIVE
BETTER

UPPER
FOCUS

BOOTY
+ ABS

TRAIN
HARD

LOWER
FOCUS

19

BE REAL

BOOTY
+ ABS

LIVE
BETTER

UPPER
FOCUS

TRAIN
HARD

20

LOWER
FOCUS

LIVE
BETTER

BE REAL

BOOTY
+ ABS

UPPER
FOCUS

LEVEL



www.theroomfitness.it

THE ROOM
FITNESS EXPERIENCE

375 978 78 30
Via Nizza 21, Torino