

MARZO



CÓMO FUNCIONA: Sigue el playlist/calendario o haz cualquier clase en el orden que prefieras.

PLAYLIST: Encuéntrala GRATIS aquí o en mi canal de YouTube. ¡GRACIAS POR UNIRTE!

 **TIP:** Haz click en la foto de cada clase para ver el video.

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

1



2



3



4



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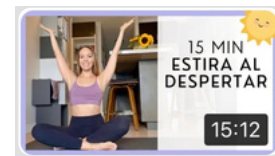
8



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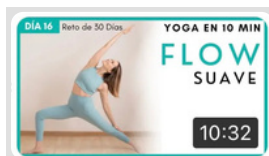
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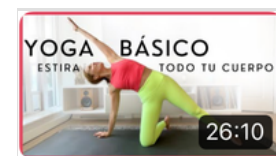
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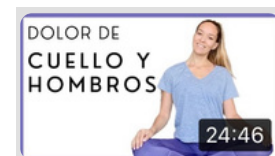
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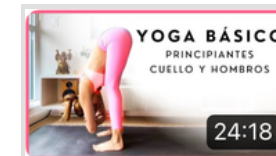
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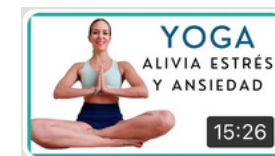
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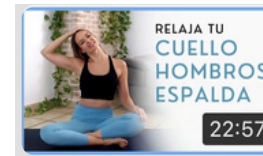
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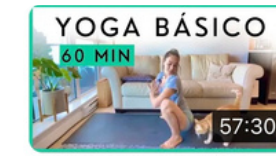
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