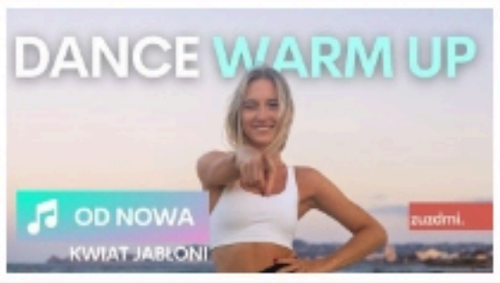
PLAN TRENINGOWY

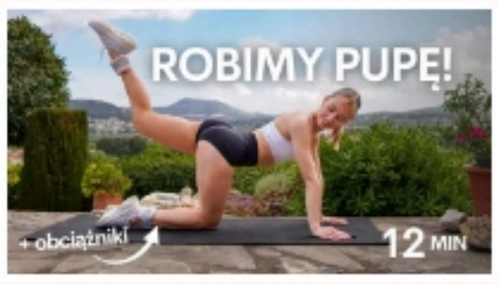
POCZĄTKUJĄCY

TYDZIEŃ 46

PON

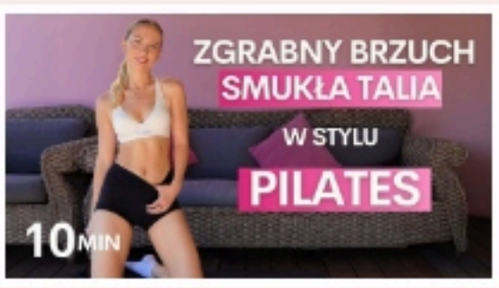
35 MIN





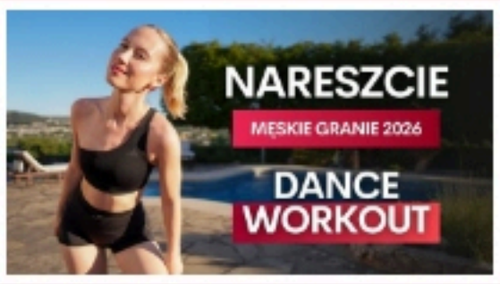
WTO

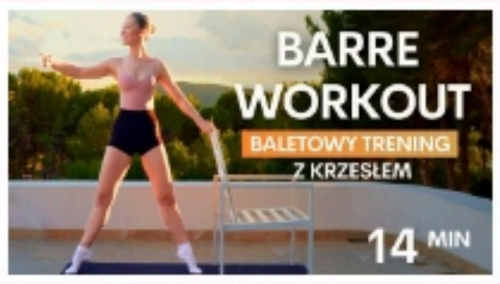
31 MIN



ŚRO

32 MIN



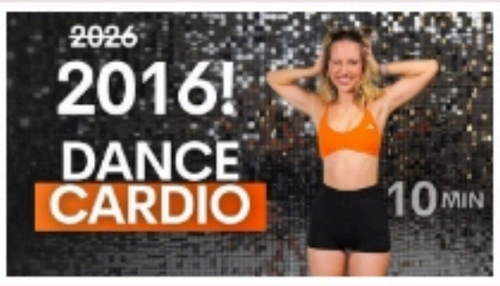


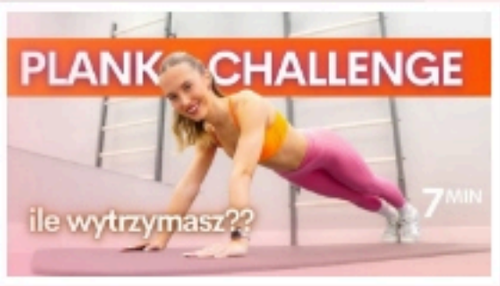
CZW

REGENERACJA

PIĄ

27 MIN





SOB

31 MIN

NIE

REGENERACJA

HOT & HOMEMADE

zuzdmi Subskrybuj I WYTAŃCZ TO!