

# MPT Group Training ROWVILLE

## UNLIMITED GROUP CARDIO/BOOTCAMP SESSIONS (30-45 minutes)

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
5.30am						
6am	CIRCUIT HIIT	CIRCUIT HIIT		CIRCUIT HIIT	BOXING	
6.15am			CORE AND STABILITY			
7am						BOXING CIRCUIT
9.00am						BOOTCAMP/ ABS SPECIAL
9.15am		CIRCUIT HIIT (child friendly)		CIRCUIT HIIT (child friendly)		
9.30am	CIRCUIT HIIT (child friendly)				CIRCUIT HIIT (child friendly)	
5.15pm		CIRCUIT HIIT				
6.30pm	CIRCUIT HIIT	BOXING	CIRCUIT HIIT	CIRCUIT HIIT	BOXING	
8.00pm		CIRCUIT HIIT		CORE AND STABILITY		

## SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 minutes)

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
5.15am	FULL BODY 1	UPPER Strength		Lean UPPER	FULL BODY 2	
5.30am	LEGS Strength		Lean LEGS		UPPER Strength	
6.15am					UPPER Strength	
6.30am		UPPER Strength		Lean UPPER		
7am			Lean LEGS		FULL BODY 2	
7.30am					Lean UPPER	FULL BODY 2
8.15am						Lean UPPER
10am						Lean LEGS
10.15am	FULL BODY 1				FULL BODY 2	
5pm			FULL BODY 2		FULL BODY 2	
5.45pm	Legs STRENGTH	Upper STRENGTH	Lean LEGS	Strength UPPER	Lean UPPER	UPPER Strength
6.30pm	Legs STRENGTH					
7.15pm	FULL BODY 1	Lean UPPER	LEGS Strength	Lean LEGS	UPPER Strength	

CIRCUIT HIIT / ABS-CORE / BOXING CIRCUIT = 30 MINS  
BOXING = 45 MINS

## **TRAINING PACKAGES AVAILABLE!**

**3 x Semi Private Personal Training Sessions**

**+**

**Unlimited Group Fitness Cardio (16 sessions each week to choose from)**

**\$99 per week**

**2 x Semi Private Personal Training Sessions**

**+**

**Unlimited Group Fitness Cardio (16 sessions each week to choose from)**

**\$79 per week**

**1 x Semi Private Personal Training Session**

**+**

**Unlimited Group Fitness Cardio (16 sessions each week to choose from)**

**\$57 per week**

ALL SEMI-PRIVATE RESISTANCE TRAINING SESSIONS ARE RUN FOR 45 MINUTES  
OFFERED IN SMALL GROUPS OF 3-6 PEOPLE  
FULL NUTRITIONAL COACHING PROVIDED, INCLUDING WEEKLY MEAL DIARY CHECK UP  
INBODY570 BODY COMPOSITION SCAN EVERY 6 WEEKS