

# MPT Group Training BRUNSWICK EAST

## 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		
6.15am	CIRCUIT HIIT		CORE AND STABILITY		BOXING	
7am						BOXING CIRCUIT
9.00am						BOOTCAMP/ ABS SPECIAL
<b> </b>						
5.45pm		BOXING		CIRCUIT HIIT		
6.30pm	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		FULL BODY 2		
5.30am	Legs STRENGTH		LEAN Upper		Upper STRENGTH	
6.30am		LEAN Legs		LEAN Upper		
6.45am	FULL BODY 1		FULL BODY 2			
7.00am					FULL BODY 1	
7.15am		LEAN Upper		LEAN Legs		
7.30am	Legs STRENGTH		LEAN Legs			LEAN Upper
8.15am						FULL BODY 2
9.15am	Legs STRENGTH		LEAN Upper		FULL BODY 1	
10am						LEAN Legs
10.45am						FULL BODY 2
<b> </b>						
5pm	Upper STRENGTH		LEAN Legs		FULL BODY 1	
5.45pm	FULL BODY 1	Legs STRENGTH		Upper STRENGTH		Upper STRENGTH
6.30pm	Legs STRENGTH	LEAN Legs		FULL BODY 2		
7.15pm	FULL BODY 1	Legs STRENGTH	FULL BODY 1	FULL BODY 2	LEAN Upper	FULL BODY 1
8pm	FULL BODY 1					

CIRCUIT HIIT (HIGH INTENSE INTERVAL TRAINING) / 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**

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

**\$24.99 per week**

ALL SEMI-PRIVATE RESISTANCE TRAINING SESSIONS ARE RUN FOR 45 MINUTES  
OFFERED IN SMALL GROUPS OF 2-6 PEOPLE  
FULL NUTRITIONAL COACHING PROVIDED, INCLUDING WEEKLY MEAL DIARY CHECK UP  
INBODY570 BODY COMPOSITION SCAN EVERY 6 WEEKS