

MPT- Group Training CROYDON

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>
6am	CIRCUIT HIIT	CIRCUIT HIIT			BOXING	
6.15am			CORE AND STABILITY	CIRCUIT HIIT		
7am						HEART RATE TRAINING
9.00am						WEEKEND BOOTCAMP + ABS BLASTER (60 mins)
9.15am		CIRCUIT HIIT (child friendly)		CIRCUIT HIIT (child friendly)		
9.30am	CIRCUIT HIIT (child friendly)				CIRCUIT HIIT (child friendly)	
5.15pm		CIRCUIT HIIT	BOXING CIRCUIT			
6.30pm	CIRCUIT HIIT	BOXING	CIRCUIT HIIT	CIRCUIT HIIT	BOXING	
7.15pm						
8.00pm		CIRCUIT HIIT		CORE AND STABILITY		

BODY BALANCE (60 minutes)

THURSDAY 7PM

HIIT (HIGH INTENSE INTERVAL TRAINING) / ABS-CORE / BEGINNERS CARDIO = 30 MINS

BOXING = 45 MINS

STRETCHING/FOAM ROLLING/FLEXIBILITY = 15 MINS

MUMS AND BUBS = 45 MINUTES

BODY BALANCE = 60 MINUTES

Body Balance Session
Free to all members, or
\$10 per class *casual non-member

SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 minutes)

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5.15am	FULL BODY 1	UPPER Strength					FULL BODY 1			
5.30am	LEGS Strength		LEAN Upper	FULL BODY 2	Lean UPPER		UPPER Strength			
6.15am	LEGS Strength		LEAN Upper				UPPER Strength			
6.30am	FULL BODY 1	Lean LEGS								
6.45am					UPPER Strength		FULL BODY 1			
7.00am			LEAN Upper							
7.15am	LEGS Strength						FULL BODY 1			
7.30am									Lean LEGS	FULL BODY 2
7.45am			UPPER Strength							
8.15am									Lean UPPER	
8.30am										
9.15am	LEGS Strength		LEAN Upper				UPPER Strength			
10am	FULL BODY 1	FULL BODY 1			FULL BODY 2		FULL BODY 1		FULL BODY 2	
10.15am									LEGS Strength	
10.45am									UPPER Strength	
11am									FULL BODY 2	
4.15pm	LEGS Strength									
5pm	LEGS Strength	FULL BODY 1	LEAN Upper		Lean LEGS		UPPER Strength			
5.45pm	LEGS Strength	FULL BODY 1	Lean LEGS	LEAN Upper	FULL BODY 2	UPPER Strength	FULL BODY 2	UPPER Strength	FULL BODY 1	
6.30pm	LEAN Upper		Lean LEGS	LEGS Strength	FULL BODY 2	UPPER Strength		UPPER Strength		
7.15pm	LEGS Strength	FULL BODY 1	FULL BODY 1	LEAN Upper	FULL BODY TRX	UPPER Strength	FULL BODY 2	Lean LEGS		
8.00pm	FULL BODY 1				FULL BODY 2					

TRAINING PACKAGES AVAILABLE!

3 x Semi Private Personal Training Sessions
 +
Unlimited Group Fitness Cardio (19 sessions each week to choose from)
\$99 per week

2 x Semi Private Personal Training Sessions
 +
Unlimited Group Fitness Cardio (19 sessions each week to choose from)
\$79 per week

1 x Semi Private Personal Training Session
 +
Unlimited Group Fitness Cardio (19 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