

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 (45) | |
| 7am | | | | | | BOXING CIRCUIT |
| 9.00am | | | | | | WEEKEND HIIT (45) |
| 6.30pm | CIRCUIT HIIT (45) | | CIRCUIT HIIT (45) | | CIRCUIT HIIT (45) | |
| 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 | | LEAN Upper | | LEAN Legs | | |
| 5.30am | FULL BODY 2 | | FULL BODY 1 | | Upper STRENGTH | |
| 6.30am | | LEAN Upper | | LEAN Upper | | |
| 6.45am | FULL BODY 1 | | FULL BODY 2 | | | |
| 7.30am | | | | | | LEAN Upper |
| 8.15am | | | | | | FULL BODY 2 |
| 9.15am | | | LEAN Upper | | | |
| 10am | | | | | | LEAN Legs |
| 5pm | | | | | FULL BODY 1 | |
| 5.45pm | FULL BODY 1 | | Upper STRENGTH | | Upper STRENGTH | |
| 6.30pm | | LEAN Upper | | FULL BODY 2 | | |
| 7.15pm | Legs STRENGTH | FULL BODY 1 | FULL BODY 2 | LEAN Upper | Legs STRENGTH | |
| 8pm | LEAN Upper | | | | | |

CIRCUIT HIIT (HIGH INTENSE INTERVAL TRAINING) / ABS-CORE / BOXING CIRCUIT = 30-45 MINS

BOXING = 45 MINS

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

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)

\$29.99 per week