

MPT- Group Training CROYDON

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	CIRCUIT HIIT	CIRCUIT HIIT	CORE AND STABILITY		BOXING (45)	
6.15am				CIRCUIT HIIT		
7am						CIRCUIT HIIT
9.00am						WEEKEND BOOTCAMP + ABS BLASTER (45)
9.15am		CIRCUIT HIIT (child friendly) (45)		CIRCUIT HIIT (child friendly) (45)		
9.30am	CIRCUIT HIIT (child friendly) (45)				CIRCUIT HIIT (child friendly) (45)	
5.15pm		CIRCUIT HIIT	CIRCUIT HIIT			
6.30pm	CIRCUIT HIIT (45)	BOXING (45)	CIRCUIT HIIT (45)	CIRCUIT HIIT (45)	CIRCUIT HIIT (45)	

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					Lean LEGS	
6.15am					LEAN Upper	
6.30am	Lean UPPER	Lean LEGS	LEAN Upper			
6.45am				UPPER Strength	FULL BODY 1	
7.00am						
7.15am					FULL BODY 1	
7.30am						FULL BODY 2
8.15am						Lean UPPER
9.15am			LEAN Upper		FULL BODY 2	
10am		FULL BODY 1		FULL BODY 2	FULL BODY 1	FULL BODY 2
10.15am						LEGS Strength
10.30am	FULL BODY 1					
10.45am						UPPER Strength
5pm	LEGS Strength	FULL BODY 1		LEAN Upper	Lean LEGS	FULL BODY 2
5.45pm	Lean LEGS	FULL BODY 2	Lean LEGS	LEAN Upper	FULL BODY 2	UPPER Strength
6.30pm	LEAN Upper	Lean LEGS	LEGS Strength	UPPER Strength		
7.15pm	LEGS Strength	FULL BODY 1	FULL BODY 1	LEAN Upper	FULL BODY 1	FULL BODY 1
						Lean LEGS

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

BOXING = 45 MINS

CHILD FRIENDLY = 45 MINUTES

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

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

Unlimited Group Fitness Cardio (19 sessions each week to choose from)

\$29.99 per week