

MPT Group Training ROWVILLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	CIRCUIT HIIT	CIRCUIT HIIT		CIRCUIT HIIT	BOXING (45)	
6.15am			CORE AND STABILITY			
7am						BOXING CIRCUIT
9.00am						BOOTCAMP/ ABS SPECIAL (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				
6.30pm	CIRCUIT HIIT (45)	BOXING (45)	CIRCUIT HIIT (45)	CIRCUIT HIIT (45)	CIRCUIT HIIT (45)	
8.00pm				CORE AND STABILITY		

SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 minutes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15am	FULL BODY 1		Lean LEGS	Lean UPPER		
6.30am	LEGS Strength	UPPER Strength		Lean UPPER		
6.45am			Lean LEGS		FULL BODY 2	
7.30am						FULL BODY 2
8.15am						Lean UPPER
10am						
10.15am	FULL BODY 1				FULL BODY 2	
5pm			FULL BODY 2		FULL BODY 2	
5.45pm	FULL BODY 1		LEGS Strength	Lean UPPER		
6.30pm						
7.15pm	Lean LEGS	Lean UPPER	FULL BODY 1	FULL BODY 2	LEGS Strength	

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