

# 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			SWEAT (45)			
6.15am	TABATA (30)				FULL BODY BAND (45)	
6.30am		CORE AND STABILITY (30)				
9.00am						SAT BOOTCAMP
6.30pm	TABATA (45)		SWEAT (45)			
8.00pm		HIRT (45)		CORE AND STABILITY (30)		

## 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			Legs VOLUME			
5.30am	FULL BODY 1				Upper STRENGTH	
6.45am	CHEST/SHOULDERS		BACK/ARMS			
7.00am		FULL BODY 2			FULL BODY 1	
7.30am						LEAN Upper
8.15am						FULL BODY 2
10am						Legs STRENGTH
5.45pm	FULL BODY 2	Legs VOLUME	Upper STRENGTH	FULL BODY 1		
6.30pm		CHEST/SHOULDERS		Legs VOLUME		
7.15pm	Legs STRENGTH	FULL BODY 1	FULL BODY 2	CHEST/SHOULDERS		
8pm	BACK/ARMS					

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)**

**\$89 per week**

**2 x Semi Private Personal Training Sessions**

**+**

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

**\$69 per week**

**1 x Semi Private Personal Training Session**

**+**

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

**\$54 per week**

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

**\$29.99 per week**