

MPT- Group Training CROYDON

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	TABATA (30)	SWEAT (30)	CORE (30)	HIRT	FULL BODY BAND	
6.15am						
7am						SWEAT (30)
9.00am						SAT BOOTCAMP
9.15am		SWEAT (child friendly) (45)		HIRT (child friendly) (45)		
9.30am	TABATA (child friendly) (45)				FULL BODY BAND (child friendly) (45)	
5.45pm		CORE (30)	SWEAT (45)			
6.30pm	TABATA (45)	SWEAT (45)	SWEAT (45)	HIRT (45)	FULL BODY BAND (45)	

SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 minutes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15am	FULL BODY 1	UPPER Strength		LEGS Strength	FULL BODY 2	
5.30am					Volume LEGS	
6.15am					CHEST/SHOULDER Volume	
6.30am	BACK/ARMS Volume	Volume LEGS	CHEST/SHOULDER Volume			
6.45am				UPPER Strength	FULL BODY 2	
7.00am						
7.15am					FULL BODY 1	
7.30am						FULL BODY 1
8.15am						BACK/ARMS Volume
9.15am			BACK/ARMS Volume		Volume LEGS	
10am		FULL BODY 1		FULL BODY 2	FULL BODY 1	FULL BODY 2
10.15am	CHEST/SHOULDER Volume					
10.45am						UPPER Strength
5pm	LEGS Strength	FULL BODY 1		BACK/ARMS Volume	Volume LEGS	FULL BODY 2
5.45pm	Volume LEGS	FULL BODY 2	Volume LEGS	CHEST/SHOULDER Volume	FULL BODY 1	UPPER Strength
6.30pm	CHEST/SHOULDER Volume	BACK/ARMS Volume		LEGS Strength	UPPER Strength	
7.15pm	LEGS Strength	FULL BODY 1	FULL BODY 2	UPPER Strength	FULL BODY 1	FULL BODY 2
8pm			OLYMPIC LIFTING			

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)

\$89 per week

2 x Semi Private Personal Training Sessions

+

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

\$69 per week

1 x Semi Private Personal Training Session

+

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

\$54 per week

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

\$34.99 per week