

MPT Group Training ROWVILLE

UNLIMITED GROUP FITNESS SESSIONS (30-45 minutes)

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
6am	TABATA (45)	CORE AND STABILITY (30)		HIRT (45)	FULL BODY BAND (45)	
9.00am						SAT BOOTCAMP (45)
9.15am		SWEAT (45)		HIRT (45)		
9.30am					FULL BODY BAND (45)	
9.45am	TABATA (45)					
5pm						
5.45pm		SWEAT (45)		HIRT (45)		
6.30pm	TABATA (45)		SWEAT (45)			
7.15pm				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	FULL BODY 1			Legs VOLUME		
6.30am		UPPER STRENGTH				
6.45am				BACK/ARMS	FULL BODY 2	
8.15am						FULL BODY 2
10am		FULL BODY 2		FULL BODY 1		
5pm				FULL BODY 1		
5.45pm	FULL BODY 2		Upper STRENGTH			
6.30pm		CHEST/ SHOULDERS		Legs VOLUME		
7.15pm		FULL BODY 1				

ALL GROUP FITNESS SESSIONS ARE RUN FOR A 45 MINUTE DURATION.

THE CORE/ABS WORKOUT IS RUN FOR 30 MINUTES.

ALL FITNESS LEVELS, FROM BEGINNER TO ADVANCED.

PLEASE INFORM FOR THE TRAINER AT THE BEGINNING OF THE WORKOUT IF THERE ARE ANY EXERCISES OR MOVEMENTS YOU ARE UNABLE TO DO, AND WE CAN OFFER AN ALTERNATIVE.

ALL SEMI-PRIVATE RESISTANCE TRAINING SESSIONS ARE RUN FOR 45 MINUTES

OFFERED IN SMALL GROUPS OF 3-8 PEOPLE

FULL NUTRITIONAL COACHING PROVIDED

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)

\$34.99 per week