

MPT- Group Training CROYDON

UNLIMITED GROUP FITNESS SESSIONS (30-45 minutes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	TABATA (45)	TABATA (45)	CORE (30)	STRENGTH (45)	BOXING	
6.15am						
6.45am						SATURDAY SESH (45)
9.00am						SATURDAY SESH (45)
9.15am		TABATA (45)	CORE (30)	STRENGTH (45)		
9.30am	SWEAT (45)				SWEAT (45)	
5.45pm		CORE (30)	SWEAT (45)			
6.30pm	SWEAT (45)	TABATA (45)	BOXING (45)	STRENGTH (45)	SWEAT (45)	

SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 minutes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5.15am	FULL BODY 1			FULL BODY 1	FULL BODY 2		
6.30am			CHEST/SHOULDER Volume				
6.45am	BACK/ARMS Volume	Lean LEGS		UPPER Strength	FULL BODY 2		
7.15am					FULL BODY 1		
7.30am						FULL BODY 1	
8.15am						BACK/ARMS Volume	
9.15am					Lean LEGS		
10am		FULL BODY 1		FULL BODY 2		FULL BODY 2	
10.15am	FULL BODY 2						
5pm	FULL BODY 1		BACK/ARMS Volume		FULL BODY 2		
5.45pm	FULL BODY 1	FULL BODY 2	LEGS Strength	CHEST/SHOULDER Volume	FULL BODY 1	FULL BODY 2	UPPER Strength
6.30pm	CHEST/SHOULDER Volume	BACK/ARMS Volume		UPPER Strength			
7.15pm	LEGS Strength	Upper Strength	FULL BODY 2	FULL BODY 1	FULL BODY 2		

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 3-6 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