

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	SWEAT (45)	TABATA (45)		STRENGTH (45)	BOXING (45)	
6.15am			CORE AND STABILITY (30)			
9.00am						SAT BOOTCAMP (45)
9.15am		TABATA (45)		STRENGTH (45)		
9.30am					SWEAT 3 (45)	
9.45am	SWEAT (45)					
5pm						
5pm						
5.45pm		TABATA (45)		STRENGTH (45)		
6.30pm	SWEAT (45)		SWEAT 2 (45)			
7.15pm		BOXING (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	FULL BODY 1	UPPER STRENGTH		LEAN LEGS		
5.30am			FULL BODY 2			
6.00am		LEAN LEGS				
6.45am					FULL BODY 2	
8.15am						FULL BODY 2
10am		FULL BODY 2				
5pm						
5pm		FULL BODY 1		FULL BODY 1		
5.45pm	FULL BODY 2		Upper STRENGTH			
6.30pm		CHEST/ SHOULDERS		LEAN LEGS		
7.15pm						

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