

MPT GROUP TRAINING "CROYDON"

UNLIMITED GROUP FITNESS SESSIONS (30-45 Minutes)

TIME SLOT (AM)	MORNING					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00	SWEAT (45)	TABATA (45)	CORE (30)	STRENGTH (45)	BOXING (45)	
06:45						SATURDAY SESH (45)
09:00						SATURDAY SESH (45)
09:15		TABATA (45)	CORE (30)	STRENGTH (45)		
09:30	SWEAT (45)				SWEAT 3 (45)	
TIME SLOT (PM)	AFTERNOON					
05:45		CORE (30)	SWEAT (45)			
06:30	SWEAT (45)	TABATA (45)	BOXING (45)	STRENGTH (45)	SWEAT 3 (45)	
08:00				STRENGTH (45)		

SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 Minutes)

TIME SLOT (AM)	MORNING						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
05:15	FULL BODY 1			FULL BODY 1	FULL BODY 2		
06:30			CHEST / SHOULDER Volume				
06:45	BACK / ARMS Volume	Lean LEGS		UPPER Strength	FULL BODY 2		
07:15					FULL BODY 1		
07:30						FULL BODY 1	
08:15						BACK / ARMS Volume	
09:15					Lean LEGS		
10:00		FULL BODY 1		FULL BODY 2		FULL BODY 2	
10:15	FULL BODY 2						
TIME SLOT (PM)	AFTERNOON						
05:00	FULL BODY 1		BACK / ARMS Volume		FULL BODY 2		
05:45	FULL BODY 1	FULL BODY 2	LEGS Strength	CHEST / SHOULDER Volume	FULL BODY 1	FULL BODY 2	UPPER Strength
06:30	CHEST / SHOULDER Volume	BACK / ARMS Volume		UPPER Strength			
07:15	LEGS Strength	FULL BODY 2	FULL BODY 1	FULL BODY 2			
08:00		Lean LEGS					



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.

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

