

# MPT GROUP TRAINING "ROWVILLE"

## UNLIMITED GROUP FITNESS SESSIONS (30-45 Minutes)

TIME SLOT (AM)	MORNING					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00	SWEAT (45)	TABATA (45)		STRENGTH (45)	BOXING	
06:15			CORE AND STABILITY (30)			
09:00						SAT BOOTCAMP (45)
09:15		TABATA (45)		STRENGTH (45)		
09:30					SWEAT 3 (45)	
09:45	SWEAT (45)					
TIME SLOT (PM)	AFTERNOON					
05:45		TABATA (45)		STRENGTH (45)		
06:30	SWEAT (45)		SWEAT 2 (45)			
07:15		BOXING (45)		CORE AND STABILITY (45)		

## SEMI-PRIVATE RESISTANCE TRAINING SESSIONS (45 Minutes)

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

