

# CROYDON TIMETABLE JULY 2025

## GROUP TRAINING

**MP7**  
TRANSFORMATIONS



Time	Mon	Tue	Wed	Thu	Fri	Sat
6.00 am		<b>STRONG</b>	<b>HYBRID</b>	<b>INFERNO</b>	<b>BOXING</b>	
6.45 am	<b>ENDURO</b>			<b>CORE</b>		<b>SWEATY-SATS</b>
9.00 am						<b>SWEATY-SATS</b>
9.15 am		<b>STRONG</b>		<b>INFERNO</b>		
9.30 am	<b>ENDURO</b>		<b>HYBRID</b>		<b>MUSCLE</b>	
5.45 pm			<b>HYBRID</b>	<b>INFERNO</b>		
6.30 pm	<b>ENDURO</b>	<b>STRONG</b>			<b>MUSCLE</b>	

Time	Mon	Tue	Wed	Thu	Fri	Sat
5.15 am	Full Body 2			Full Body 1	Full Body 2	
6.00 am	Full Body 1		Upper Strength	Lean Legs		
6.45 am		Back/Arms Volume		Full Body 1	Full Body 2	
7.30 am					Full Body 1	Full Body 1
8.15 am				Upper Strength		Back/Arms Volume
8.45 am	Back/Arms Volume		Chest/ShoulderVol.		Lean LEGS	
9.15 am					Full Body 1	
10.00 am		Full Body 1		Full Body 2		Upper Strength
10.15 am	Full Body 2				Full Body 2	
11:30 am						Full Body 2
12.15 pm			Full Body 2		Upper Strength	
4.15 pm		Full Body 2				
5.00 pm	Full Body 1		Back/Arms Vol. & Lean Legs		Full Body 2	
5.45 pm	Full Body 2 & Lean Legs	Upper Strength & Full Body 1	Chest/Shoulder Vol. & Legs Strength	Full Body 1		
6.30 pm	Chest/Shoulder Vol.	Back/Arms Volume		Full Body Dynamic		
7.15 pm	Legs Strength	Full Body 2	Full Body 1	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 THER 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**

**TRAINING PACKAGES AVAILABLE!**

**3 x Semi Private Personal Training Sessions**

**+**

**Unlimited Group Fitness Cardio (18 Sessions each week to choose) from \$89 per week**

**2 x Semi Private Personal Training Sessions**

**+**

**Unlimited Group Fitness Cardio (18 Sessions each week to choose) from \$69 per week**

**1 x Semi Private Personal Training Sessions**

**+**

**Unlimited Group Fitness Cardio (18 Sessions each week to choose) from \$54 per week**

**Unlimited Group Fitness Cardio (18 Sessions each week to choose) from \$34.99 per week**