

CROYDON TIMETABLE OCTOBER 2025

GROUP TRAINING

MP7
TRANSFORMATIONS



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

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			
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