

# CROYDON TIMETABLE

**MP7**  
TRANSFORMATIONS



**DECEMBER 2024**

**GROUP TRAINING**

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 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**

**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**