

CROYDON TIMETABLE

MP7
TRANSFORMATION



OCTOBER 2024

GROUP TRAINING

Time	Mon	Tue	Wed	Thu	Fri	Sat
6.00 am		STRONG	HYBRID	TABATA	BOXING	
6.45 am	ENDURO					SUPER-SATS
9.00 am						SUPER-SATS
9.15 am		STRONG		TABATA		
9.30 am	ENDURO		HYBRID		MUSCLE	
5.45 pm			HYBRID	TABATA		
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			
6.45 am		Lean Legs		Full Body 1	Full Body 2	
7.30 am					Full Body 1	Full Body 1
8.15 am						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	
12.15 pm			Full Body 2			
4.15 pm		Full Body 2				
5.00 pm	Full Body 1 & Full Body 2		Back/Arms Volume		Full Body 2	
5.45 pm	Full Body 2 & Lean Legs	Upper Strength	Chest/ShoulderVol.	Full Body 1		
6.30 pm	Chest/Shoulder Vol.	Back/Arms Volume		Dynamic Upper		
7.15 pm	Legs Strength	Full Body 2	Full Body 1	Lean LEGS		

SEMI-PRIVATE TRAINING

ALL GROUP FITNESS SESSIONS ARE RUN FOR A 45 MINUTE DURATION.
THE CORE/ABS WORKOUT IS RUN FOR 30 MINUTES.
ALL FITNESS LEVELS, FROM BEGGINER TO ADVANCED.
PLEASE INFORM FOR THE TRAINER AT THE BEGGINING 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
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 Sessions

+

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