

# Elevate your Life

## Group & Personal Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING		<b>6:00 AM</b> <b>METAPWR</b> <i>Croydon Aths Track</i>		<b>6:00 AM</b> <b>BOOT CAMP</b> <i>Croydon Aths Track</i>	<b>6:00 AM</b> <b>METAFIT</b> <i>Croydon Aths Track</i>	<b>8:00 AM</b> <b>METAFIT</b> <i>Yarra Road Primary</i>
MID MORNING	<b>9:20 AM</b> <b>BOOT CAMP</b> <i>Croydon Aths Track</i>		<b>9:20 AM</b> <b>BOXING</b> <i>Croydon Aths Track</i>	<b>9:20 AM</b> <b>BOOT CAMP</b> <i>Croydon Aths Track</i>	<b>9:20 AM</b> <b>BOXING CIRCUIT</b> <i>Wonga Park</i>	<b>8:30 AM</b> <b>BOOT CAMP</b> <i>Yarra Road Primary</i>
EVENING SESSIONS	<b>6:00 PM</b> <b>METAFIT</b> <i>Yarra Road Primary</i>		<b>6:00 PM</b> <b>BOOT CAMP</b> <i>Yarra Road Primary</i>	<b>6:00 PM</b> <b>BOOT CAMP</b> <i>Yarra Road Primary</i>		<p><b>Venues</b></p> <p><i>Yarra Road Primary</i>            222-228 Yarra Road,            Croydon North</p> <p><i>Croydon Aths Track</i>            Norton Road, Croydon</p> <p><i>Wonga Park</i>            Address available on request</p> <p><b>Sessions</b></p> <p>55 Minute Sessions:  <b>Boot camp, Boxing &amp; Boxing Circuit</b></p> <p>30 Minute Sessions:  <b>Metafit &amp; Metapwr</b></p> <p><b>Elevate your Life's</b> sessions are <b>child friendly</b>. However at all times they are still under your supervision.</p>
	<b>6:30 PM</b> <b>BOOT CAMP</b> <i>Yarra Road Primary</i>		<b>7:00 PM</b> <b>METAFIT</b> <i>Yarra Road Primary</i>	<b>7:00 PM</b> <b>METAPWR</b> <i>Yarra Road Primary</i>		
	<b>7:30 PM</b> <b>BOXING</b> <i>Yarra Road Primary</i>		<b>7:30 PM</b> <b>BOXING</b> <i>Yarra Road Primary</i>			