

Elevate your Life

Group & Personal Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>6:00 AM METAPWR Croydon Aths Track</p>		<p>6:00 AM BOOT CAMP Croydon Aths Track</p>	<p>6:00 AM METAFIT Croydon Aths Track</p>	<p>7:30 AM METAPRO12 Yarra Road Primary</p>
<p>9:20 AM BOOT CAMP Croydon Aths Track</p>		<p>9:20 AM BOXING Croydon Aths Track</p>	<p>9:20 AM BOOT CAMP Croydon Aths Track</p>	<p>9:20 AM BOXING CIRCUIT Wonga Park</p>	<p>8:00 AM METAFIT Yarra Road Primary</p>
<p>6:00 PM METAFIT Yarra Road Primary</p>		<p>6:00 PM BOOT CAMP Yarra Road Primary</p>	<p>6:00 PM BOOT CAMP Yarra Road Primary</p>		<p>8:30 AM BOOT CAMP Yarra Road Primary</p>
<p>6:30 PM BOOT CAMP Yarra Road Primary</p>		<p>7:00 PM METAFIT Yarra Road Primary</p>	<p>7:00 PM METAPWR Yarra Road Primary</p>		<p>Venues Yarra Road Primary 222-228 Yarra Road, Croydon North Croydon Aths Track Norton Road, Croydon Wonga Park Address available on request</p>
<p>7:30 PM BOXING Yarra Road Primary</p>		<p>7:30 PM BOXING Yarra Road Primary</p>			<p>Sessions 55 Minutes: Boot camp, Boxing & Boxing Circuit 30 Minutes: Metafit, Metapwr & Metapro</p>

Elevate your Life's sessions are child friendly. However at all times they are still under your supervision.