



"Success is the sum of small efforts repeated day in and day out". -Robert Collier

PEPT Narangba Training Schedule

MONDAY

5.00 - 6.00AM

Upper Body Strength

5.15 - 6.00AM

Boxing

6.15 - 7.00AM

Boxing

9.15 - 10.00AM

Boxing (Childminding)

4.15 - 5.15PM

Upper Body Strength

4.30 - 5.15PM

Boxing OR UBS

5.30 - 6.15PM

Boxing

6.30 - 7.15PM

Boxing

TUESDAY

5.15 - 6.00AM

Lower Body Sculpt

6.15 - 7.00AM

Lower Body Sculpt

9.15 - 10.00AM

Lower Body Sculpt
(Childminding)

3.30 - 4.15PM

Lower Body Sculpt

4.30 - 5.15PM

Lower Body Sculpt

5.30 - 6.15PM

Lower Body Sculpt

6.30 - 7.15PM

Lower Body Sculpt

WEDNESDAY

5.15 - 6.00AM

Fat Burner

6.15 - 7.00AM

Fat Burner

9.15 - 10.00AM

Fat Burner
(Childminding)

4.30 - 5.15PM

Fat Burner

5.30 - 6.15PM

Fat Burner

6.30 - 7.15PM

Fat Burner

THURSDAY

5.15 - 6.00AM

Upper Body Sculpt

6.15 - 7.00AM

Upper Body Sculpt

9.15 - 10.00AM

Upper Body Sculpt
(Childminding)

3.30 - 4.15PM

Upper Body Sculpt

4.30 - 5.15PM

Upper Body Sculpt

5.30 - 6.15PM

Upper Body Sculpt

6.30 - 7.15PM

Upper Body Sculpt

FRIDAY

5.15 - 6.00AM

Friday Finisher

6.15 - 7.00AM

Friday Finisher

9.15 - 10.00AM

Friday Finisher
(Childminding)

4.30 - 5.15PM

Friday Finisher

5.30 - 6.15PM

Friday Finisher

SATURDAY

7.00 - 7.45AM

Saturday Sweat
OR

Lower Body Strength

8.00 - 8.45AM

Saturday Sweat
OR

Open Gym

Refer a friend and get a \$50 Supps Voucher!