

YOUR NEW YOU STARTS TODAY

BUSTAMOVE PERSONAL TRAINING

<https://bustamovepersonaltraining.com>

0438 811 556

595 Balcombe Road, Black Rock VIC 3193

PRICES

INDIVIDUAL - PRE PAID

30MIN SESSIONS - 10 PACK

1 ON 1 \$580 OR \$65 CASUAL SESSION

2 ON 1 \$430 OR \$50 CASUAL SESSION

3 ON 1 \$390 OR \$46 CASUAL SESSION

4 ON 1 \$370 OR \$44 CASUAL SESSION

GROUPS

CASUAL SESSION \$38

10 SESSIONS \$360

20 SESSIONS \$680

30 SESSIONS \$960

40 SESSIONS \$1200

50 SESSIONS \$1400

PRICES

SENIORS

CASUAL SESSION \$30

10 SESSIONS \$280

ASSESSMENT

1 HOUR \$108

TIMETABLE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am	morning group 6:00 am - 7:00 am		
6:30 am							
7:00 am						morning group 7:00 am - 8:00 am	
7:30 am							
8:30 am						core class 8:30 am - 9:00 am	
9:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	mid morning group 9:00 am - 10:00 am	
9:30 am							
10:00 am	seniors 10:00 am - 11:00 am				seniors 10:00 am - 11:00 am		
10:30 am							
11:00 am	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm	seniors 11:00 am - 12:00 pm		
11:30 am							
6:30 pm	evening group 6:30 pm - 7:30 pm						
7:00 pm							

Sunday sessions vary - keep up to date by following us on our socials



<https://bustamovepersonaltraining.com/training-times/>

[0438 811 556](tel:0438811556)

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WHAT WE DO



1 ON 1 PERSONAL TRAINING

When you book a 1 on 1 training session at Bustamove you will receive a session that is all about you. Your session will be designed for exactly what you need and want to achieve. Your 1 on 1 session can be either 30, 45 or 60 minutes in duration and will cover all aspects of your body and fitness.

SMALL GROUP TRAINING

At Bustamove we also offer small or private group training sessions. If you have a friend or a group of friends that you want to train with then we will cater to all of your needs in a 30, 45 or 60 minute session. Training with your friends or partner is not only social, but also a great way to push each other to train hard and achieve your goals together.

GROUP TRAINING

Group training at Bustamove has a fun and positive atmosphere with lots of hard work. Every session will give you a great total body workout that will include weights, resistance training, cardiovascular training and core stability. Our group sessions are held both indoors and outdoors. This way you get to enjoy the amazing views of Bayside while pushing yourself physically.

SENIORS TRAINING

A very popular session at Bustamove is our Seniors group training sessions. These sessions are for the slightly older adults who care about their health and fitness and enjoy being challenged. Seniors sessions focus on core stability, balance and resistance training for improved bone density and heart health through cardiovascular fitness. At the Seniors training we cater for all levels of fitness and ability.

CHALLENGES

Bustamove runs fitness challenges twice a year. The challenges include unlimited group training. These sessions include a combination of strength & conditioning, boxing, running, core work and extra strength challenges outside of the sessions. There is always a fitness goal to reach at the end, nutritional advice and monitoring and assessments at the start and end.

WHO WE ARE



CONTACT US

0438 811 556

595 BALCOMBE ROAD,

BLACK ROCK VIC 3193

WWW.BUSTAMOVEPERSONALTRAINING.COM

