

Monday

6-7AM
Boxing

930-10AM
Bodies on Track

12-1pm
Corporate Group

Tuesday

930-1030 AM
T2DM Group

10-11AM
Body Moves

5-530PM
Bodies on Track

Wednesday

6-7AM
Strength

12-1pm
Corporate Group

630-7PM
Body Base

Thursday

930-10AM
Bodies on Track

12-1pm
Corporate Group

6-7PM
Cardio

Friday

11-1130AM
Body Moves

1230-1PM
Body Moves

Saturday

7-8AM
Endurance
Circuit

High Intensity

Moderate Intensity

Low Intensity



Please contact us to book
3870 4119
bodytrack.com.au

Don't see a time that suits you?
Let us know your availability and we
may be able to arrange additional
session times.