

Monday

6-7AM
6WC: Boxing

930-10AM
Bodies on Track

12-1pm
Corporate Group

Tuesday

930-1030 AM
T2DM Group

1030-11AM
Body Moves

5-530PM
Bodies on Track
6-630PM
Women's Strength

Wednesday

6-7AM
6WC: Strength

1030-11AM
Bodies on Track

11-1130AM
Women's Strength

12-1pm
Corporate Group

645-715PM
Body Base

Thursday

730-8AM
Bodies on Track

930-10AM
Bodies on Track

11-1130AM
Women's Strength

12-1pm
Corporate Group

6-7PM
6WC: Cardio

Friday

11-1130AM
Body Moves

12-1230PM
Body Moves

Saturday

7-8AM
6WC: Endurance

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.