

Monday

6-7AM  
6WC: Boxing

930-10AM  
Bodies on Track

12-1PM  
Corporate Group

515-530PM  
Men's Strength

715-730PM  
Men's Strength

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

10-11AM  
T2DM Group

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.