

Bodytrack Group Exercise Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|-------------------------------------|---|---------------------------------------|-------------------------------------|------------------------------|---|
| 6am | 6-7am 6 Week Challenge BOXING | | 6-7am 6 Week Challenge STRENGTH | | | |
| 7am | | | | | | 7-8am 6 Week Challenge ENDURANCE CIRCUIT |
| 8am | | | | | | |
| 9am | 9:30-10am Bodies on Track | 9:30-10:30am T2DM Referral Required | | | | |
| 10am | | | | | | |
| 11am | | | | | 11:00 - 11:30am BodyMoves | |
| 12pm | | | | | | |
| 1pm | | | | | | |
| 2pm | | | | | | |
| 3pm | | | | | | |
| 4pm | | | | | | |
| 5pm | | 5:00-5:30pm Bodies on Track | | | | |
| 6pm | | | 6:30-7:30pm BodyBase | 6-7pm 6 Week Challenge CARDIO | | |
| 7pm | | | | | | |

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| High Intensity | Moderate Intensity | Low Intensity |
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