

# GROUP EXERCISE TIMETABLE

High Intensity  
Moderate Intensity  
Low Intensity



## MONDAY

6:15am  
12wc boxing

9:30am  
Bodies on Track

12pm  
Corporate Group

1:30pm  
Body Moves

7:30pm  
Men's Strength

## TUESDAY

7am  
Bodies on Track

9:30am  
T2DM Group

10:30am  
Body Moves

11:30am  
Women's Strength

1pm  
T2DM Group

5pm  
Bodies on Track

5:30pm  
Men's Strength

6pm  
Women's Strength

6:30pm  
Runners on Track

## WEDNESDAY

6:15am  
12wc strength

9am  
Bodies on Track

10:30am  
Bodies on Track

11am  
Women's Strength

12pm  
Corporate Group

5:30pm  
Men's Strength

6pm  
Corporate Group

6:45pm  
Body Base

## THURSDAY

7:30am  
Bodies on Track

9:30am  
Bodies on Track

10:15am  
T2DM Group

11am  
Women's Strength

12pm  
Corporate Group

6:15pm  
12wc cardio

## FRIDAY

11am  
Body Moves

12pm  
Body Moves

## SATURDAY

7:15am  
12wc strength

9:15am  
T2DM Group

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