

GROUP EXERCISE TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6:15AM 12WC BOXING</p> <p>9AM WOMEN'S STRENGTH</p> <p>9:30AM BODIES ON TRACK</p> <p>1:30PM BODIES ON TRACK</p>	<p>9:30AM BODIES ON TRACK VIRTUAL</p> <p>9:45AM T2DM GROUP</p> <p>10:30AM BODY MOVES</p> <p>11AM WOMEN'S STRENGTH</p> <p>1:15PM T2DM GROUP</p> <p>4:45PM BODIES ON TRACK</p> <p>5:30PM MEN'S STRENGTH</p> <p>5:30PM BODY MOBILITY VIRTUAL</p> <p>6PM WOMEN'S STRENGTH</p>	<p>6:15AM 12WC STRENGTH</p> <p>9:30AM BODIES ON TRACK</p> <p>10:30AM BODIES ON TRACK VIRTUAL</p> <p>11AM WOMEN'S STRENGTH</p> <p>5:30PM MEN'S STRENGTH</p> <p>5:30PM BODY BASE</p>	<p>7:30AM BODIES ON TRACK</p> <p>9:30AM BODIES ON TRACK</p> <p>11AM WOMEN'S STRENGTH VIRTUAL</p> <p>11AM T2DM GROUP</p> <p>5:30PM BODY MOBILITY</p> <p>6:15PM 12WC CARDIO</p> <p>7:30PM MEN'S STRENGTH</p>	<p>10:30AM WOMEN'S STRENGTH</p> <p>11AM BODY MOVES VIRTUAL</p> <p>11AM WOMEN'S STRENGTH</p> <p>12PM BODY MOVES</p>	<p>7:15AM 12WC STRENGTH</p> <p>9:15AM T2DM GROUP</p>
				<p>HIGH INTENSITY</p> <p>MODERATE INTENSITY</p> <p>LOW INTENSITY</p>	