

TOOWONG GROUP TIMETABLE - AM



MONDAY

6:30am
Boxing

7:30am
Boxing Technique

9:00am
Women's Strength

9:30am
Bodies on Track

TUESDAY

7:30am
Women's Strength

9:00am
Bodies on Track

9:45am
T2DM Group

10:30am
Body Moves

11am
Women's Strength

WEDNESDAY

11am
Women's Strength

10:30am
Bodies on Track

THURSDAY

7:30am
Bodies on Track

9:30am
Bodies on Track

9:30am
Women's Strength

11am
T2DM Group

FRIDAY

6:30am
HIIT

11am
Body Moves

11am
Women's Strength

11:30am
Women's Strength

SATURDAY

7:00am
General Strength

7:30am
General Strength

9:15am
T2DM Group

HIGH INTENSITY
MODERATE INTENSITY
LOW INTENSITY

MAIN CLINIC

LOFT CLINIC

Bookings essential
(07) 3870 4119
info@bodytrack.com.au
bodytrack.com.au

GROUP EXERCISE TIMETABLE - TOOWONG - PM

MONDAY

1:30pm
Bodies on Track

7:30pm
Men's Strength

TUESDAY

1:15pm
T2DM Group

5:30pm
Women's Strength

6:00pm
Body Mobility

6:00pm
Men's Strength

WEDNESDAY

1:15pm
Parkinson's Group

5:30pm
Men's Strength

5:30pm
Body Base

6:00pm
Women's Strength

THURSDAY

6:00pm
HIIT

6:30pm
HIIT

7:00pm
Men's Strength

FRIDAY

12pm
Body Moves

HIGH INTENSITY
MODERATE INTENSITY
LOW INTENSITY

MAIN CLINIC

LOFT CLINIC

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