

TOOWONG GROUP TIMETABLE - AM



MONDAY

6:45am
Boxing

9:00am
Women's Strength

9:30am
Bodies on Track

10:30am
Body Moves

10:30am
Women's Strength

TUESDAY

6:30am
HIIT

7:30am
Women's Strength

9:00am
Bodies on Track

9:45am
T2DM Group

10:30am
Body Moves

11am
Women's Strength

11:30am
Women's Strength

WEDNESDAY

6:30am
Women's Strength

9:30am
Bodies on Track

10:30am
Bodies on Track

11am
Women's Strength

THURSDAY

6:30am
Women's Strength

7:30am
Bodies on Track

9:30am
Bodies on Track

10:00am
Women's Strength

11:15am
T2DM Group

FRIDAY

6:00am
Boxing

6:30am
HIIT

11am
Body Moves

11am
Women's Strength

11:30am
Women's Strength

SATURDAY

7:00am
General Strength

7:45am
General Strength

9:15am
T2DM Group

HIGH INTENSITY
MODERATE INTENSITY
LOW INTENSITY

MAIN CLINIC

LOFT CLINIC

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