




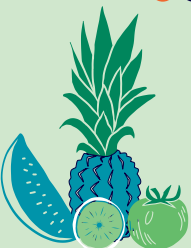

Health & WELLNESS

EVENT GUIDE

Activate
DARWIN

week 1

RR REGISTRATIONS REQUIRED \$ COST F FREE

MON 12 TH OCT	TUE 13 TH OCT	WED 14 TH OCT	THU 15 TH OCT	FRI 16 TH OCT	SAT 17 TH OCT	SUN 18 TH OCT
BODYPUMP Fitness Works City Free Crèche 9:00am - 9:45am \$	BODY BALANCE Fitness Works City Free Crèche 9:00am - 9:45am \$	BODYPUMP Fitness Works City Free Crèche 9:00am - 9:45am \$	PILATES Fitness Works City Free Crèche 9:00am - 9:45am \$	PILATES Sky Barre Studio 7:30am - 8:15am \$ RR	YOGA ASANA Darwin Waterfront 8:00am - 9:00am F	AQUA FITNESS Darwin Waterfront 8:30am - 9:15am \$
JUICE CLEANSE DETOX WORKSHOP Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	VINYASA YOGA Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	MEAL PLANNING WORKSHOP Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	BARRE BALANCE Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	BODYPUMP Fitness Works City Free Crèche 9:00am - 9:45am \$		
	BARRE CLASS Sky Barre Studio 4:30pm - 5:15pm \$ RR			LAUGHTER WELLNESS Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR		
	HIIT METAFIT CLASS Cullen Bay Paspaley Park 5.15pm - 5:45pm F					

week 2

MON 19 TH OCT	TUE 20 TH OCT	WED 21 ST OCT	THU 22 ND OCT	FRI 23 RD OCT	SAT 24 TH OCT	SUN 25 TH OCT
MINDFUL MONDAY Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	YOGA Yoga Territory 12pm - 12:45pm \$ RR	YOGA Yoga Territory 12pm - 12:45pm \$ RR	YOGA Yoga Territory 12pm - 12:45pm \$ RR	WORK-LIFE BALANCE Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	YOGA ASANA Darwin Waterfront 8:00am - 9:00am F	AQUA FITNESS Darwin Waterfront 8:30am - 9:15am \$
	SHIFT STRESS TO STRENGTH Activate Darwin Hub 1pm - 1:45pm F RR	HEALTHY CHOICES WITH FOOD LABELS Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR	BELLYDANCE FOR BEGINNERS Activate Darwin Hub 12pm - 12:45pm 1pm - 1:45pm F RR			
	PAINT & CREATE CLASS Activate Darwin Hub 5.00pm - 7:00pm \$ RR					
	HIIT METAFIT CLASS Cullen Bay Paspaley Park 5.15pm - 5:45pm F					

To register and for more information visit
activatedarwin.nt.gov.au

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