



HEALTHY DARWIN

Weekly Activities 2025-26 Wet Season Holiday Closures

Beginners' Yoga

Mondays 8:45 - 9:45am
CALC Community Room
Casuarina

Last class for 2025 - 22 Dec
First class for 2026 - 05 Jan

No bookings required!
Instructor: Flametree Yoga



No Frills Training

Mondays 6:00 - 6:45pm
CALC Community Room
Casuarina

Last class for 2025 - 08 Dec
First class for 2026 - 12 Jan

No bookings required!
Instructor: Luca



Toddler & Guardian Dance

Tuesdays 9:15 - 10:15am
Nightcliff Community Centre
Nightcliff

Last class for 2025 - 09 Dec
First class for 2026 - 20 Jan

No bookings required!
Instructor: Marissa

Beginners' HIIT

Tuesdays 5:00 - 5:45pm
CALC Community Room
Casuarina

Last class for 2025 - 16 Dec
First class for 2026 - 06 Jan

No bookings required!
Instructor: Storm PT

Seniors' Aqua Aerobics

Wednesdays 12:00 - 12:45pm
NT Swim School
Coconut Grove

Last class for 2025 - 10 Dec
First class for 2026 - 21 Jan

No bookings required!
Instructor: NT Swim School

Sahaja Yoga Meditation

Wednesdays 6:00 - 7:00pm
Nightcliff Community Centre
Nightcliff

Last class for 2025 - 03 Dec
First class for 2026 - 07 Jan

No bookings required!
Instructor: Jayansh



Zumba Mashup

Thursdays 6:15 - 7:00pm
Harmony Hall
Malak

Last class for 2025 - 11 Dec
First class for 2026 - 22 Jan

No bookings required!
Instructor: TEZC

Fitness 4 Independence

Fridays 9:00 - 9:45am
CALC Community Room
Casuarina

Last class for 2025 - 12 Dec
First class for 2026 - 30 Jan

★ **Bookings required!**
Instructor: Super Ageing

Vitality Pilates

Sundays 8:00 - 8:45am
Nightcliff Community Centre
Nightcliff

Last class for 2025 - 21 Dec
First class for 2026 - 11 Jan

No bookings required!
Instructor: Blair Pilates & Yoga

Only \$5 per session!*

To find out more:

- Contact the instructor directly
- Follow [Healthy Darwin](#) on Facebook
- Visit our webpage via the QR code
- Send an email to healthydarwin@darwin.nt.gov.au
- Call 08 8930 0300

