

HEALTHY DARWIN

Weekly Activity 2024-25 Wet Season

Bootcamp

Bootcamp is an intense fat-burning class that incorporates weights and body weight exercises.

Classes include HIIT (high intensity interval training) and circuits.

Everyone is welcome.

BYO towel, water bottle and mat.

Mondays 07 October - 24 March

5:15pm - 6:00pm

Harmony Hall

44 Patterson Street, Malak

No bookings required!

Instructor: Chico's Fitness

P - 0408 088 091

W - www.fitnesshubdarwin.com



To find out more about this activity,
contact the instructor directly.

Only \$5 per session!



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

healthydarwin@darwin.nt.gov.au

08 8930 0300

