

HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2025 Dry Season

Baby & Guardian Grooves

A fun dance class for guardians and their babies to let their hair down, groove it out and work it out. You will learn a simple choreographed dance, meet other mums and feel fabulous.

These classes are open for mums, dads, grandparents and whoever has a little munchkin.

Marissa is a qualified post and pre-natal fitness instructor and a mum herself.

BYO baby carrier, towel and water bottle

Fridays x 8 April 04, 11, May 02, 09, 16, 23, 30, June 06

10:30am - 11:15am

Agoy Yoga Studio

28 Bishop St, Woolner

No bookings required!

Instructor: Marissa - The BGs

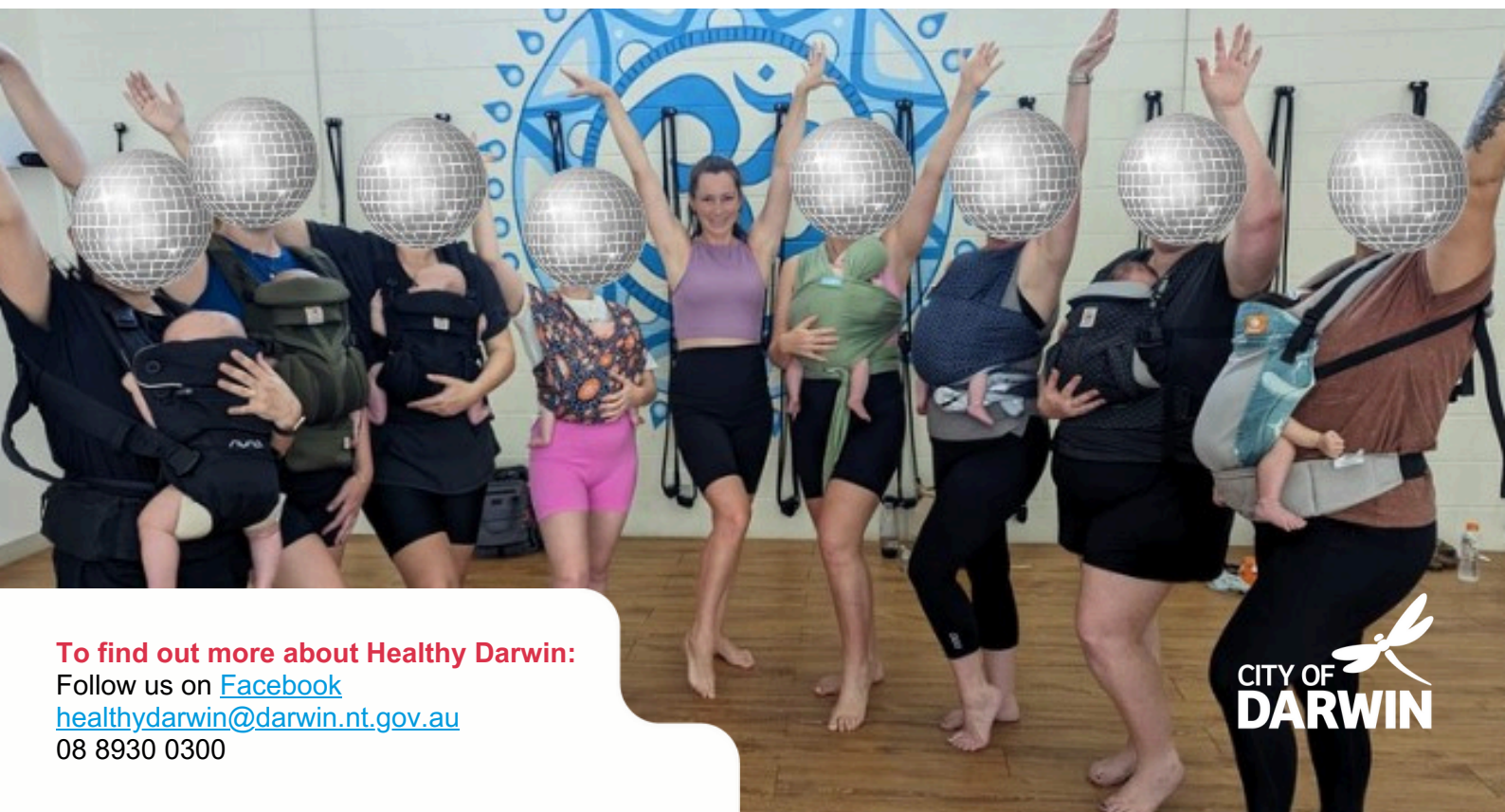
P - 0426 002 782

E - marissakhush@gmail.com



To find out more about this activity, contact the instructor directly or follow [The BGs - Baby & Guardian Grooves](#) on Facebook.

Only \$5 per session!



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

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