

# HEALTHY DARWIN

## Weekly Activity 2025 Dry 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 April - 29 September  
(excluding Public Holidays)

**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](http://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](#)  
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08 8930 0300

