

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Yoga Sculpt

Yoga Sculpt puts a fun twist on traditional yoga by blending yoga-inspired movement with light weights, functional strength training, core work and short bursts of cardio.

Set to an upbeat playlist, this full body workout will leave you feeling stronger, energised and accomplished.

Suitable for all fitness levels, with options provided throughout so everyone can join in.

Saturdays 03 October - 27 March

9:30am - 10:15am

Trybe Flow Studio

47 Stuart Hwy, Stuart Park

★ Bookings required! Go to -

<https://www.trybeflow.com.au/healthydarwin>

Instructor: Sonia - Trybe Flow

P - 0404 086 641

E - sonia@trybeflow.com.au



Only \$5 per session!

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



To find out more about Healthy Darwin:

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