

HEALTHY DARWIN Weekly Activities 2023/24 Wet Season

Outdoor Bootcamp

02/10/2023 - 25/03/2024

Mondays

5:00 pm - 5:45 pm
Darwin High School
Basketball Courts

No bookings required!
Contact Limitless Kinetic Fitness
P - 0439 527 875
E - lindakapitula02@gmail.com

Bootcamp

02/10/2023 - 25/03/2024

Mondays

5:15 pm - 6:00 pm
Malak Harmony Hall

No bookings required!
Contact Chico's Fitness
P - 0408 088 091
W - www.fitnesshubdarwin.com

Empowering Women

10/10/2023 - 26/03/2024

Tuesdays

9:15 am - 10:00 am
Lyons Community Centre

Bookings required!★
Contact OJ Fit 4 Life
P - 0422 043 677
E - tanya@ojfit.com.au

Mums & Bubs Pilates

11/10/2023 - 27/03/2024

Wednesdays

10:00 am - 11:00 am
Rich Life Studios

No bookings required!
Contact Rich Life Studios
P - 0480 343 180
E - richlife.rv@gmail.com

Seniors Aqua Aerobics

04/10/2023 - 27/03/2024

Wednesdays

12:00 pm - 12:45 pm
NT Swim School

No bookings required!
Contact NT Swim School
P - 0421 500 286
E - hollie@hgfitness.com.au

Zumba

04/10/2023 - 27/03/2024

Wednesday

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

No bookings required!
Contact Zumba Sistas
P - 0402 260 070
E - mini.edwards@bigpond.com
W - www.fitnesshubdarwin.com

Power Up

05/10/2023 - 28/03/2024

Thursdays

8:30 am - 9:15 am
Nightcliff Community Centre

Bookings required!★
Contact Healthy Living NT
P - 08 8927 8488
E - hpm@healthylivingnt.org.au

Zumba Mashup

05/10/2023 - 28/03/2024

Thursdays

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

No bookings required!
Contact the Zumba Crew
P - 0417 820 380
W - www.fitnesshubdarwin.com

Aqua HIIT

07/10/2023 - 30/03/2024

Saturdays

8:00 am - 8:45 am
Darwin Ski Club

No bookings required!
Contact Fitnutz H2O
P - 0421 986 252
E - nichole.higgins@cdu.edu.au

Only \$5 per session!

To find out more about the activities,
contact the instructor directly.

Follow [Healthy Darwin](#) on Facebook



To find out more...

08 8930 0300
healthydarwin@darwin.nt.gov.au