



WEEKLY SUBSIDISED ACTIVITIES

OCTOBER 2019 - MARCH 2020

New activities for the Wet Season!

Kickstart Your Monday - Bootcamp*

Mondays
6:00-6:45am

Darwin High School
Bullocky Point Darwin

Sue - InsideOut Fitness
0400 352 498

\$5

Pilates* (during school terms)

Mondays
6:30-7:15pm

Essington School Dance Studio
22 Chapman Road, Rapid Creek

Lisa - Essington School Dance
dance@essington.nt.edu.au

\$5

Move It Darwin (during school terms)

Mondays
6:30-7:15pm

Greek Orthodox School Oval
17 Chapman Road, Rapid Creek

Fred - Healthy Living NT
hpm@healthylivingnt.org.au

FREE

Disability Physical Exercise, Dance & Drama*

Tuesdays
10:00-11:00am

Darwin Community Arts
1/3 Travers St Coconut Grove

Tania - DCA
0439 855 264

\$5

Mum & Bubs Bellydance* (starts 15 Oct.)

Tuesdays
10:30-11:30am

Jamealah Dance Studio
44 Murrabibbi St Leanyer

Myf - Jamealah Bellydancers
darwinbellydance@gmail.com

\$5

Fitter For Life* (starts 05 Nov.)

Tuesdays
5:00-6:00pm

Territory Gymnastics Academy
426 Stuart Highway, Winnellie

Wendy - Gymnastics NT
8927 9262

\$5

Zumba

Wednesdays
6:15-7:00pm

Harmony Hall
44 Patterson St, Malak

Mini - Zumba Sistas
0402 260 070

\$5

Boxfit

Thursdays
5:15-6:00pm

Harmony Hall
44 Patterson St, Malak

Chico's Fitness
0408 088 091

\$5

Bootcamp

Thursdays
5:30-6:30pm

Millner Primary School basketball courts, 41 Sabine Road, Millner

Stephanie - Juggernaut Fitness
admin@juggfit.com.au

\$5

Aqua Aerobics

Sundays
9:00-9:45am

Casuarina Pool
Angelo Street, Casuarina

Audrey
audleah215@optusnet.com.au

\$5

*These classes have limited places. Contact the instructor to book your spot!

Fun ways to exercise and get fit!

