

# WHAT'S ON AT ACTIVE MANNINGHAM!

## NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p> <b>Casual Badminton at DISC:</b>                      Tuesday: 3.00pm to 4.30pm                      Wednesday: 12.00pm to 1.00pm                      Thursday: 9.30am to 12.30pm                      Friday: 1.00pm to 3.00pm                      Just \$19.83 per hour!                      Call (03) 8841 4555 to book.</p>		<p> <b>Casual Table Tennis at DISC:</b>                      Monday: 10.00am to 12.00pm                      Tuesday: 10.00am to 11.00am                      Friday: 1.00pm to 3.00pm                      Just \$19.83 per hour!                      Call (03) 8841 4555 to book.</p>		<p><b>AQUATIC PLAYGROUPS</b>                      Every Wednesday                      9.45am to 10.15am                      at Aquarena</p>		<p>01 <b>Boxing Express</b>                      6.00am  <b>Sprint Cycle</b>                      6.30am  <b>Pickleball at Leeds St.</b>                      1.00pm to 3.00pm</p>	<p>02 <b>THIS GIRL CAN</b>  <b>Yoga Ruffey Lake Park</b>                      10.30am to 11.30am</p>
03	04 <b>Sprint Cycle</b> 9.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	05 <b>THIS GIRL CAN</b> <b>Intro to Strength at Aquarena</b> 4.30pm to 5.30pm <b>Melbourne Cup Public Holiday</b> 8.00am to 6.00pm	06 <b>THIS GIRL CAN</b> <b>Indoor Soccer Mums at Mullum Mullum Stadium</b> 10.45am to 11.45am <b>Members Mingle Fresh Fruit Foyer</b> 11.00pm to 12.00pm	07 <b>Freestyle Step 6-week trial</b>  5.30pm <b>Tai Chi</b>  1.30pm	08 <b>Boxing Express</b> 6.00am <b>Sprint Cycle</b> 6.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	09 <b>THIS GIRL CAN</b> <b>Yoga Ruffey Lake Park</b> 10.30am to 11.30am	
10	11 <b>Sprint Cycle</b> 9.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	12 <b>THIS GIRL CAN</b> <b>Beginner Bootcamp at Aquarena</b> 4.30am to 5.30am <b>Tai Chi</b>  1.30pm	13 <b>Bodyattack</b> 9.15am <b>THIS GIRL CAN</b> <b>Indoor Soccer Mums at Mullum Mullum Stadium</b> 10.45am to 11.45am	14 <b>Freestyle Step 6-week trial</b> 5.30pm <b>Tai Chi</b>  1.30pm	15 <b>Sprint Cycle</b> 6.30am <b>THIS GIRL CAN</b> <b>Womens only Group fit classes</b> 6.30pm to 7.30pm	16 <b>THIS GIRL CAN</b> <b>Yoga Ruffey Lake Park</b> 10.30am to 11.30am	
17	18 <b>Sprint Cycle</b> 9.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	19 <b>THIS GIRL CAN</b> <b>Intro to Strength at Aquarena</b> 4.30pm to 5.30pm <b>Body Balance</b> 8.15am	20 <b>Bodyattack</b> 9.15am <b>THIS GIRL CAN</b> <b>Indoor Soccer Mums at Mullum Mullum Stadium</b> 10.45am to 11.45am	21 <b>Freestyle Step 6-week trial</b> 5.30pm <b>Tai Chi</b>  1.30pm	22 <b>Boxing Express</b> 6.00am <b>Sprint Cycle</b> 6.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	23 <b>THIS GIRL CAN</b> <b>Yoga Ruffey Lake Park</b> 10.30am to 11.30am	
24	25 <b>Sprint Cycle</b> 9.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	26 <b>THIS GIRL CAN</b> <b>Beginner Bootcamp at Aquarena</b> 4.30am to 5.30am <b>Body Balance</b> 8.15am	27 <b>Bodyattack</b> 9.15am <b>THIS GIRL CAN</b> <b>Indoor Soccer Mums at Mullum Mullum Stadium</b> 10.45am to 11.45am	28 <b>Freestyle Step 6-week trial</b> 5.30pm <b>Tai Chi</b>  1.30pm	29 <b>Boxing Express</b> 6.00am <b>Sprint Cycle</b> 6.30am <b>Pickleball at Leeds St.</b> 1.00pm to 3.00pm	30 <b>THIS GIRL CAN</b> <b>Yoga Ruffey Lake Park</b> 10.30am to 11.30am	

### THIS GIRL CAN 2024

During November, groups across Manningham will be offering a range of free or low-cost physical activities. Women and girls will have the opportunity to get back into exercise in a way that feels good to them! Whether you prefer to get active solo or thrive in the energy of a team, we've got your back every step of the way. Now's your chance to get out there and get moving!



### THIS GIRL CAN ACTIVE MANNINGHAM EVENTS



Register here

### ACTIVE MANNINGHAM NEWS SECTION

