

WHAT'S ON AT ACTIVE MANNINGHAM!

December 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 Sprint Cycle 9.30am Pickleball at Leeds St. 1.00pm to 3.00pm	03 Body Balance 8.15am Tai Chi 1.30pm	04 Bodyattack 9.15am Slow Flo Aqua 10.30am	05 Abilities Unleased at Mullum Mullum Stadium 10.00am to 1.00pm FREESTYLE STEP 6-WEEK TRIAL 5.30pm	06 Boxing Express 6.00am Sprint Cycle 6.30am	07
08 Changes in Group Fitness Timetable Scan QR code on the right to view full schedule New schedule will be updated on 9 December →	09 Sprint Cycle 9.30am Pickleball at Leeds St. 1.00pm to 3.00pm	10 Body Balance 8.15am Tai Chi 1.30pm	11 Bodyattack 9.15am Slow Flo Aqua 10.30am	12 Bring a Friend to train GF classes based on availability FREESTYLE STEP 6-WEEK TRIAL 5.30pm	13 Manningham Carols by Candlelight 2024 Ruffey Lake 6pm Boxing Express 6.00am Sprint Cycle 6.30am	14 This weekend, Join Aquarena as a group and split the Joining fees
15	16 Members Mingle 3pm-5pm in the Gym Pickleball at Leeds St. 1.00pm to 3.00pm	17 Community Day Bring a mate to Tai Chi 1.30pm Free EVOLT 360 scans	18 Christmas Dress-Up Day! Bodyattack 9.15am Slow Flo Aqua 10.30am	19 Bring a Friend to train GF classes based on availability Tai Chi 1.30pm	20 FREE drink bottle giveaway Boxing Express 6.00am Sprint Cycle 6.30am	21 Selfie Challenge! Follow, Post and Tag for a chance to win a prize
22 Try a Virtual Group Fitness Class	23 Les Mills Shapes Class - 12pm Come and try! Swim School closes for the year, will reopen on 20 Jan 2025	24 Aquarena 5.30am-6.00pm Cafe 8.00am-12.00pm Childcare closed till 12 Jan Stadiums Closed	25 MERRY CHRISTMAS Aquarena Closed Cafe Closed Stadiums Closed 	26 Aquarena 8.00am-6.00pm Cafe Closed* Stadiums Closed	27 Aquarena 5.30am-10.00pm Cafe 8.30am-12.00pm* Stadiums Closed	28 Aquarena 7.00am-8.00pm Cafe 8.30am-12.00pm* Stadiums Closed
29 Aquarena 8.0am-8.00pm Cafe 8.30am-12.00pm* Stadiums Closed	30 Aquarena 5.30am-10.00pm Cafe 8.00am-12.00pm* Stadiums Closed	31 Aquarena 5.30am-8.00pm Cafe 8.30am-12.00pm* Stadiums Closed	1 Aquarena 10.00am-6.00pm Cafe Closed* Stadiums Closed 	2 Aquarena 5.30am-10.00pm Cafe 8.30am-12.00pm* Stadiums Closed		<ul style="list-style-type: none">Cafe hours may be extended

Abilities Unleased
At Mullum Mullum Stadium
10.00am to 1.00pm

Casual Badminton at DISC:
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.

Casual Table Tennis at DISC:
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.

Group Fit Timetable
Changes to the Group Fitness schedule from 16 December 2024

Aquatic Playgroups
Every Wednesday 9.45am to 10.15am at Aquarena
Ideal for parent with bubs 03-12 months
No class on 18 Dec, 25 Dec, 1 Jan

Active Manningham News
Stay Updated with the latest news

Summer Calendar of Fun (Jan)
Register your interest for updates!