

THIS GIRL CAN WEEK

22 - 28
MARCH 2021

ACTIVITIES
HAPPENING
AROUND THE
SOUTH WEST

MONDAY 22/3

- Free Access to All Programs
- Terang Fitness
- Les Mills Body Balance Class
- AquaZone, Warrnambool
10:45am

TUESDAY 23/3

- Nature Play -
Botanic Gardens,
Warrnambool 9:30am
- Free Day of Classes -
Portland YMCA
- Free Access to All Programs
- Terang Fitness
- Come & Try Day -
Dennington Bowls Club
5:30pm

WEDNESDAY 24/3

- Free Access to All Programs
- Terang Fitness
- BESPOKE Health Talk -
Civic Green, Warrnambool
9:30am
- Roller Derby and Skate Fit -
Warrnambool Showgrounds
6:30pm

THURSDAY 25/3

- Free Access to All Programs
- Terang Fitness
- Come & Try Day -
Dennington Bowls Club
11:00am
- Pickleball - Warrnambool
ARC 10:00am & 6:00pm
- Basketball & Wheelchair
Basketball Come & Try -
Warrnambool ARC 6:00pm

FRIDAY 26/3

- Bowling with Babies -
Derrinallum Bowling Club
9:30am
- Les Mills HIIT/Circuit Class -
AquaZone, Warrnambool
12:00pm
- Free Access to All Programs
- Terang Fitness
- Free Mini Triathlon -
Portland YMCA 6:00pm

SATURDAY 27/3

- Free Yoga Session -
Mortlake 10:00am
- Free Access to All Programs
- Terang Fitness
- Archers of Warrnambool
Come & Try - Lake Gilliar
12:00pm

SUNDAY 28/3

- Free Access to All Programs
- Terang Fitness
- At Home Zumba - South
West
- At Home Beginner Pilates -
South West
- Try BMX, Warrnambool
BMX Club. 10:00am
- Roller Derby and Skate Fit -
Warrnambool Showgrounds
3pm

FOR MORE
INFORMATION
JOIN OUR
FACEBOOK
GROUP -
SPORTS LINK

