

Join **Active Maribyrnong** for the

WINTER WARRIOR SERIES



MONDAY 29 JULY - SUNDAY 11 AUGUST 2024

A two-week challenge designed to get moving in winter and embrace an active lifestyle alongside our Australian athletes competing in the Paris Olympic Games!



**Registrations open Monday 15 July at activemaribyrnong.com.au
Email active@maribyrnong.vic.gov.au or call 9688 0200 for help
registering or for further information**



Active Maribyrnong



active_maribyrnong

WEEK ONE PROGRAM

MONDAY 29 JULY Mixed martial arts Monday	Women's Muay Thai	Footscray 6-6.45am
	Tai Chi For Older Adults	Yarraville 11am-12pm
	Boxing	Maribyrnong 7-7.45pm
TUESDAY 30 JULY Tennis Tuesday	Nature Warriors	Maribyrnong 9.30-11.30am
	Social Badminton	Braybrook 3-5.30pm
	Social Pickleball	West Footscray 4-5.30pm
	Introduction to Golf	Yarraville 5-5.30pm
	Social Table Tennis	Braybrook 6.30-9.30pm
WEDNESDAY 31 JULY Walking Wednesday	KangaMix	Yarraville 9.30-10.30am
	Walking Group	Maribyrnong 11am-12pm
	Come and Try Hockey (6-10 years)	Yarraville 5.30-6.30pm
	Bollywood Dance	Braybrook 7-7.45pm
	Yoga	Braybrook 7.45-8.30pm
THURSDAY 1 AUGUST Throwback Thursday	Deep Water Cardio	Maribyrnong 9.30-10.15am
	Casual Basketball Shoot-Around Braybrook	Braybrook 11am-1pm
	Casual Basketball Shoot-Around West Footscray	West Footscray 11am-1pm
	Learn Lacrosse	Yarraville 5.30-6.30pm
	Women's Strength Class	Footscray 6.15-7pm
	80's Roller Disco	Yarraville 6.30-8pm
FRIDAY 2 AUGUST Fitness Friday	HIIT Class	Footscray 6.15-7am
	Plus Flex and Flow	Footscray 8am-8.45am
	Nature Warriors	Footscray 9-11am
	RPM	Maribyrnong 10.30-11am
	Get Fit with Yoga	Yarraville 11am-12pm
	Slow Flow Yoga	Footscray 6-7.30pm
SATURDAY 3 AUGUST Stretch and stride Saturday	Maribyrnong parkrun	Maribyrnong 8-9am
	Yoga	Maribyrnong 12.30-1.30pm
SUNDAY 4 AUGUST Self-care Sunday	Family Yoga	Braybrook 10-10.45am

PRIZES FOR:

- **Best Dressed** (representing your Country)
- **Most steps for Walking Wednesday**
- **And much more!**



WEEK TWO PROGRAM

MONDAY 5 AUGUST Move it Monday	Women's Muay Thai	Footscray 6-6.45pm
TUESDAY 6 AUGUST Transform Tuesday	Boxing	Maribyrnong 7-7.45pm
	Nature Warriors	Maribyrnong 9.30-11.30am
	Brazilian Jiu Jitsu for Beginners (4-6 years)	Maidstone 4.15-5pm
	Introduction to Golf	Yarraville 5-5.30pm
	Brazilian Jiu Jitsu for Beginners (7-9 years)	Maidstone 5.15-6pm
	Brazilian Jiu Jitsu for Beginners Teens (10+ years)	Maidstone 6.15-7pm
	Brazilian Jiu Jitsu for Beginners Adults	Maidstone 7.15-8.15pm
WEDNESDAY 7 AUGUST Wellness Wednesday	Walking Group	Maribyrnong 11am-12pm
	Come and Try Hockey (6-10 year olds)	Yarraville 5.30-6.30pm
	Bollywood Dance	Braybrook 7-7.45pm
	Yoga	Braybrook 7.45-8.30pm
THURSDAY 8 AUGUST Thrive Thursday	Play Gymnastics	Braybrook 9.15-10am
	Deep Water Cardio	Maribyrnong 9.30-10.15am
	Breakin' (Dance)	Braybrook 4-5pm
	World Games Junior Program	Braybrook 4-4.45pm
	Learn Lacrosse	Yarraville 5.30-6.30pm
	All Abilities Basketball	Braybrook 5.45-6.30pm
	Women's Strength Class	Footscray 6.15-7pm
FRIDAY 9 AUGUST Feel good Friday	HIIT Class	Footscray 6.15-7am
	Women's Muay HIIT	Footscray 7-7.45am
	Plus Flex and Flow	Footscray 8am-8.45am
	Nature Warriors	Footscray 9-11am
	RPM	Maribyrnong 10.30-11am
	Slow Flow Yoga	Footscray 6-7.30pm
SATURDAY 10 AUGUST Sweat it out Saturday	Maribyrnong parkrun	Maribyrnong 8-9am
	Zumba	West Footscray 10-11am
	Get Sweat with Pilates	Yarraville 10-11am
	Yoga	Maribyrnong 12.30-1.30pm
SUNDAY 11 AUGUST Sunday Funday	Women's Muay Thai	Footscray 9-9.45am
	Family Fitness	West Footscray 10-10.45am
	Spot and Cycle – Family riverside social ride and treasure hunt	Maribyrnong 10am-12pm