

WOMEN & GIRLS FESTIVAL

Activity Schedule

All sessions have a recommended age range listed below, please speak to our instructors on the day to tailor the session where possible.

11.15am
–
12pm

Walking Football
All Ages
Football Arena

HIIT Workout
All Ages
Fitness Arena

Tennis 4 All
All Ages
Tennis Courts

Ballet
Adults
Community Centre

12.15pm
–
1pm

Walking Football
All Ages
Football Arena

Little Movers
Parents & Children
Fitness Arena

Pickleball
All Ages
Tennis Courts

Fitness Pilates
16+
Community Centre

1.15pm
–
2pm

Girls Football
Under 16s
Football Arena

Buggy Workout
Parents & Children
Fitness Arena

Tennis 4 All
All Ages
Tennis Courts

Zumba Gold
Adults
Community Centre

2.15pm
–
3pm

Girls Football
Under 16s
Football Arena

Boxercise
16+
Fitness Arena

Tennis 4 All
All Ages
Tennis Courts

Love to Move
Adults
Community Centre

