

# This Girl Can week Sunday 21<sup>st</sup> to Sunday 28<sup>th</sup> March - Free activities in Wyndham



#ThisGirlCanVic #WyndhamGirlsCan

Try something new this week.

Some of these events are girls/ women only, some are mixed – Open to all.  
Some are Specially put on activities and some are ongoing activities that girls/  
women are welcome to try. All activities are free to try.

	Time	Provider	Activity	Who is it for	Booking required	How to register
Sun 21	9.15-10.00am	Eat Pray Yoga	Come and Try Yoga Flow	Special Women's session	yes	<a href="#">Book YogaFlow</a>
Mon 22	9.30-10.30am	Lizard Fitness	FIT Boxing Women's Class (18 plus)	Women	yes	<a href="#">Book FIT Boxing</a>
Mon	1.30-2.30pm	Wyndham City Council	Pram Walking Wyndham Park	Open to all carers	just turn up	<a href="#">More Information</a>
Mon	4.30-5.30pm	Beejay's Calisthenics	Come and Try Calisthenetics (3 to 7 years)	Open to all	Just turn up	<a href="#">More Information</a>
Mon	5.30-7.30pm	Beejay's Calisthenics	Come and Try Calisthenetics (7 to 10 yrs)	Open to all	Just turn up	<a href="#">More Information</a>
Mon	4.30-5.30pm	Melbourne Athletic	Come and Try Strength & Conditioning	Special Teen Girls session	yes	<a href="#">Book Girls Strength</a>
Mon	5.45-6.45pm	Westpoint Soccer Club	Go Girls (12 to 14 years)	Girls program Launch	yes	<a href="#">More information</a>
Mon	6.00-7.00pm	Westpoint Soccer Club	Go Soccer Mums (18 plus)	Women's program	just turn up	<a href="#">More Information</a>
Tues 23	9.00 - 9.45am	Arndell Park Comm'y Ctre	Women's Walking Group	Women	just turn up	<a href="#">More Information</a>
Tues	9.00-11.00am	Weribee Table Tennis Association	Over 55s Table Tennis	Open to all	Just turn up	<a href="#">More Information</a>
Tues	1.30-2.30pm	Wyndham City Council	Pram Walking Manor Lakes	Open to all carers	just turn up	<a href="#">More Information</a>
Tues	4.30-5.45pm	Japan Karate Association	Shotokan Karate - Beginners	Open to all	yes	<a href="#">More Information</a>
Tues	5.00-6.30pm	Beejay's Calisthenics	Calisthenics 10 to 13 yrs	Open to all	Just turn up	<a href="#">More Information</a>
Tues	5.30-6.30pm	Truganina Thunder Football Club	Come and Try Auskick and Junior Football	Open to all	Just turn up	<a href="#">More Information</a>
Tues	5.30-6.30pm	Wyndham Netball Association	NetSetGo (5 to 10 years)	Open to all	Just turn up	<a href="#">More Information</a>
Tues	6.30-8.30pm	Beejay's Calisthenics	Calisthenics 16 to 26 years	Girls and Women	Just turn up	<a href="#">More Information</a>
Tues	7.00-7.50pm	ZIN Monika	Zumba Fitness	Open to all	yes	<a href="#">More Information</a>
Wed 24	9.30-10.30am	Lizard Fitness	Fit Strength Women's Class (18 plus)	Women	yes	<a href="#">Book Fit Strength</a>
Wed	10.00am-12pm	Wynbay Bulldogs	Come and Try Football (AFL) training	Open to all	just turn up	<a href="#">More Information</a>
Wed	9.30-10.30am	Wyndham City Council	Pram walking Point Cook	Open to all carers	just turn up	<a href="#">More Information</a>
Wed	1.30-2.30pm	Wyndham City Council	Pram Walking Tarneit	Open to all carers	just turn up	<a href="#">More Information</a>

Wed	4.30-5.30pm	Wyndham Netball	NetSetGo (5 to 10 years)	Open to all	Just turn up	<a href="#">More Information</a>
Wed	5.00-6.30pm	Beejay's Calisthenics	Calisthenetics age 13 to 16 years	Girls	Just turn up	<a href="#">More Information</a>
Wed	6.00-6.45pm	Fearless Fitness Training	This Girl Can Bootcamp	Women	Just turn up	<a href="#">More Information</a>
Wed	7.30-10.00pm	Werribee Table Tennis	Open Table Tennis session	Open to all	Just turn up	<a href="#">More Information</a>
Thurs25	9.30-10.30am	Wyndham City Council	Pram walking Point Cook	Open to all carers	just turn up	<a href="#">More Information</a>
Thurs	9.30-10.30am	Wyndham City Council	Pram Walking Tarneit	Open to all carers	just turn up	<a href="#">More Information</a>
Thurs	9.30-10.30am	Manor Lakes CC	Yoga Workshop	Open to all	yes	<a href="#">More Information</a>
Thurs	5.00-6.15pm	Japan Karate Association	Shotokan Karate - General/ advanced	Open to all/some experience	yes	<a href="#">More Information</a>
Thurs	5.00-6.00pm	Lizard Fitness	Teen Girls Fitness class	Girls	yes	<a href="#">Book Girls Fitness</a>
Thurs	7.30-10.00pm	Werribee Table Tennis	Open Table Tennis session	Open to all	Just turn up	<a href="#">More Information</a>
Fri 26	9.30-10.30am	Lizard Fitness	Fit Circuit Women's Class	Women	yes	<a href="#">Book Fit Circuit</a>
Fri	4.30-5.30pm	Glen Orden Sports Club	Come and Try Auskick and Junior Football	Open to all	Just turn up	<a href="#">More Information</a>
Fri	4.30-8.00pm	The Huddle	Huddle Up Senior ( 12 to 25 years)	Open to all	yes	<a href="#">More Information</a>
Sat 27	8.00am	Wyndham Vale parkrun	Bring a friend and walk, jog, run 5k or volunteer	Open to all	Initial registration only	<a href="#">More Information</a>
Sat	8.00am	Point Cook parkrun	Bring a friend and walk, jog, run 5k or volunteer	Open to all	Initial registration only	<a href="#">More Information</a>
Sat	8.00-8.30am	In Balance Fitness	Open Day: Body Attack Taster (18 plus)	Special Taster Open to all	yes	<a href="#">Book Open Day</a>
Sat	8.40-9.10am	In Balance Fitness	Open Day: Body Combat Taster (18 plus)	Special Taster Open to all	yes	<a href="#">Book Open Day</a>
Sat	8.45-9.35am	Beat Freakz Fitness	Come and Try Beat Freakz	Open to all	yes	<a href="#">Book Beat Freakz</a>
Sat	9.30-10.30am	Hoppers Crossing Netball	NetSetGo (5 to 10 years)	Open to all	Just turn up	<a href="#">More Information</a>
Sat	10.00-11.00am	Melbourne Athletic	Come and Try Strength & Conditioning	Special Teen girls session	yes	<a href="#">Book Girls Strength</a>
Sat	10.30-11.00am	In Balance Fitness	Open Day: CX Worx Taster (18 plus)	Special Taster Open to all	yes	<a href="#">Book Open Day</a>
Sat	11.10-11.40am	In Balance Fitness	Open Day: Body Step Taster (18 plus)	Special Taster Open to all	yes	<a href="#">Book Open Day</a>
Sat	11.50am-12.20pm	In Balance Fitness	Open Day: Body Balance Taster (18 plus)	Special Taster Open to all	yes	<a href="#">Book Open Day</a>
Sat	1.00-2.00pm	Wyndham Netball	NetSetGo (5 to 10 years)	Open to all	Just turn up	<a href="#">More Information</a>
Sat	4.30-5.45pm	Japan Karate Association	Shotokan Karate - General/ advanced	Open to all/some experience	yes	<a href="#">More Information</a>
Sun 28	9.00-10.00am	Lizard Fitness	Teen Girls Fitness Class	Girls	yes	<a href="#">Book Girls Fitness</a>
Sun	10.00-10.50am	ZIN Monika	Zumba Fitness (14 plus)	Open to all	yes	<a href="#">More Information</a>
Sun	4.00-5.00pm	ABCD Bollywood Dance	Bolly Dance (18 plus)	Special women's session	yes	<a href="#">Book BollyDance</a>



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