




Make Your Move Program Schedule

SATURDAY 7 SEPTEMBER
9AM - 1PM
BARKLY SQUARE
BALLARAT

	Speaker	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Room	Auditorium	Inspire	Strong	Gym	Move	Beats	Calm
9am	Registration and grab a coffee						
930am	This Girl Can	Gentle Yoga	Circuit	Rock Up Netball	No Lights No Lycra	Rhythmic Drumming	Mindfulness Works
10am		Move to next session, grab a snack or drink, visit the expo or get a health check					
1015am	Well Woman's Health Check	Gentle Yoga	Walking for Fitness	Rock Up Netball	Zumba	Wholefoods Workshop	Stress Hacks
1045am		Move to next session, grab a snack or drink, visit the expo or get a health check					
11am	Cool, Calm and Collected	Self Defence	Circuit	Soccer Mums	No Lights No Lycra	Cardio Drumming	DieticianTalk: Body Confident Nutrition
1130am		Move to next session, grab a snack or drink, visit the expo or get a health check					
1145am	Get moving with AFWL	Self Defence	Walking for Fitness	Soccer Mums	Zumba	Wholefoods Workshop	Mindfulness Works
1215pm		Move to next session, grab a snack or drink, visit the expo or get a health check					
1230pm	Change Our Game	Tai Chi	Circuit	Basketball	Run Club	Cardio Drumming	DieticianTalk: Body Confident Nutrition
1pm		Finish up and head home for some rest!					

-  Speciman Vale Creek Trail
-  CocoSounds workshop
-  Demo Kitchen

Session times subject to change.