



BE ACTIVE IN THE CITY *September 2014*

Click links in calendar for further details on each activity

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
1	Lunchtime Bootcamp 12pm Meditation Workshop 12-1:15pm Lorna Jane Yoga 12:15pm & 5:15pm Body Combat Classes 6:30pm	2	Social Tennis 9am Stretch Workshop 12:15pm Outdoor Soccer 5:10pm Vinyasa Yoga 5:45pm Lululemon Yoga 6:15pm	3	Vinyasa Yoga 6:45am Ride with Keith Conlon 9am Masters Swimming SA 10am & 11:15am Lorna Jane Yoga 12:15pm	4	5-a-side Indoor Soccer 5:10pm Yoga Classes 5:45pm Basketball 6pm Beach Volleyball Training 6pm	5	Masters Swimming SA 10am Lorna Jane Yoga 12:15pm 24 Fit Club 6pm	6	Torrens parkrun 8am Social Tennis 9am Junior Soccer Skills Session 10am	7	Lululemon Yoga 9:30am Adelaide Parkour Classes 2:45pm Water Polo 4.30pm
8	Masters Swimming SA 10am Lunchtime Bootcamp 12pm Lorna Jane Yoga 12:15pm & 5:15pm Body Combat Classes 6:30pm	9	Social Tennis 9am Outdoor Soccer 5:10pm Vinyasa Yoga 5:45pm Lululemon Yoga 6:15pm	10	Vinyasa Yoga 6:45am Ride with Keith Conlon 9am Masters Swimming SA 10am & 11:15am Lorna Jane Yoga 12:15pm	11	5-a-side Indoor Soccer 5:10pm Yoga Classes 5:45pm Basketball 6pm Beach Volleyball Training 6pm	12	Masters Swimming SA 10am Lorna Jane Yoga 12:15pm 24 Fit Club 6pm	13	Torrens parkrun 8am Social Tennis 9am Junior Soccer Skills Session 10am	14	Lululemon Yoga 9:30am Adelaide Parkour Classes 2:45pm Water Polo 4.30pm
15	Masters Swimming SA 10am Lunchtime Bootcamp 12pm Lorna Jane Yoga 12:15pm & 5:15pm Body Combat Classes 6:30pm	16	Social Tennis 9am Outdoor Soccer 5:10pm Vinyasa Yoga 5:45pm Lululemon Yoga 6:15pm	17	Vinyasa Yoga 6:45am Ride with Keith Conlon 9am Masters Swimming SA 10am & 11:15am Lorna Jane Yoga 12:15pm	18	5-a-side Indoor Soccer 5:10pm Yoga Classes 5:45pm Basketball 6pm Beach Volleyball Training 6pm	19	FitWorking 7am Masters Swimming SA 10am Lorna Jane Yoga 12:15pm 24 Fit Club 6pm	20	Torrens parkrun 8am Social Tennis 9am Junior Soccer Skills Session 10am	21	Lululemon Yoga 9:30am Adelaide Parkour Classes 2:45pm Water Polo 4.30pm
22	Masters Swimming SA 10am Lunchtime Bootcamp 12pm Lorna Jane Yoga 12:15pm & 5:15pm Body Combat Classes 6:30pm	23	Social Tennis 9am Outdoor Soccer 5:10pm Vinyasa Yoga 5:45pm Lululemon Yoga 6:15pm	24	Vinyasa Yoga 6:45am Ride with Keith Conlon 9am Masters Swimming SA 10am & 11:15am Lorna Jane Yoga 12:15pm	25	5-a-side Indoor Soccer 5:10pm Yoga Classes 5:45pm Basketball 6pm Beach Volleyball Training 6pm	26	Masters Swimming SA 10am Lorna Jane Yoga 12:15pm 24 Fit Club 6pm	27	Torrens parkrun 8am Social Tennis 9am Junior Soccer Skills Session 10am	28	Lululemon Yoga 9:30am Adelaide Parkour Classes 2:45pm Water Polo 4.30pm
29	Masters Swimming SA 10am Lunchtime Bootcamp 12pm Lorna Jane Yoga 12:15pm & 5:15pm Body Combat Classes 6:30pm	30	Social Tennis 9am Vinyasa Yoga 5:45pm Outdoor Soccer 5:10pm Lululemon Yoga 6:15pm										

Are you active in the City? Share your experience by tagging with **#ActiveAmbassador** 