

# THIS GIRL CAN WEEK

25th November -  
1st December

Mon 25th	Tue 26th	Wed 27th	Thu 28th	Fri 29th	Sat 30th	Sun 1st
BL Women's Football Club 6pm - 8pm	QM Running & Athletics (Sprint) 5pm - 6:30pm	QM Running & Athletics (3K/5K) 3.15pm - 3.50pm	QM Running & Athletics (middle / long distance) 5pm - 6.30pm	QM Running & Athletics (3K/5K) 1.15pm - 1.50pm	Qmotion Women's Only Takeover 6pm - 8pm	
QMBL Women's Rugby 7pm - 9pm	QM Netball 6pm - 7.30pm	BL Squash 2pm - 4pm	QM Dance 7pm - 8pm	BL Volleyball 5.30pm - 7pm	Spin 6.30pm - 7pm	
QM Dance 7pm - 8pm		QMBL Brazilian Jiu Jitsu 3pm - 5pm			Ab Attack 7pm - 7.30pm	
QM Hockey 7pm - 8.30pm					Stretch & Relax 7.30pm - 8pm	
					Women's Self Defence 6.30pm - 7.30pm	
					Muay Thai 6pm - 8pm	
					Barbell 6pm - 8pm	



All of our This Girl Can week sessions are free!  
Thank you to our sponsors Ayumi for providing goodie bags for all those attending the Qmotion Takeover.



Book now  
[qmsu.org/  
thisgirlcan](https://qmsu.org/thisgirlcan)



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