



MOVE YOUR WAY

Move Your Way is back!

17 February – 2 March 2025

Book your free sessions now
knox.vic.gov.au/MoveYourWay

Move Your Way is back for 2025

- Join in the fun and find your new way to move
- There is something for everyone with over 65 sessions on offer!
- Choose from a range of free activities on offer at different locations across Knox
- For all abilities, ages and families

For bookings and to find out more visit
knox.vic.gov.au/MoveYourWay

Disclaimer

This timetable is correct at the time of printing, please refer to the website for amendments.

Locations

Bhangrafit

4/9 Woodbine Court,
Wantirna South

Carrington Park Leisure Centre

20 O'Connor Road, Knoxfield

Chelle Groove

Also at Carrington Park
Leisure Centre

Community Learning Centre

40 Fullham Road, Rowville

Ferntree Gully Tennis Club

2A Glenfern Road, Ferntree Gully

Golden Cobra Martial Arts

85 Station Street, Ferntree Gully

Indian Senior Citizens Association of Victoria (ISCA)

16/18 Kingsley Close, Rowville

Kelly Mini Sports

Stud Park Reserve, Fullham Road,
Rowville

Knox City Council

Carers Exercise Class,
Knox Leisureworks

Guided Cultural Walk,
Wally Tew Reserve

Pathways for Carers Walk,
The Butlers Pantry, 4/1090
Wellington Road, Rowville

Knox Leisureworks

35 Tormore Road, Boronia

Knox Skate and BMX Park

Gilbert Park, 1600 Ferntree Gully
Road, Knoxfield

Knox Triathlon Club

Swim: Knox Leisureworks
35 Tormore Road, Boronia

Bike: Elmdon Drive, Caribbean
Gardens Business Estate, Scoresby

Run: Knox Athletics Track,
Knox Park, Bunjil Way, Knoxfield

Melbourne Disc Golf

Gateshead Reserve,
Gateshead Drive, Wantirna South

Miller Park Tennis Club

Miller Reserve, Cnr Mountain
Highway and Liverpool Road,
Boronia

Mindful Movement Education

The Basin Progress Hall,
370 Forest Road, The Basin

Mountain District Netball Association

Knox Regional Netball Centre,
9 Dempster Street, Ferntree Gully

Rowville Traditional Karate

Aimee Seebeck Hall,
100 Police Road, Rowville

Seniors Exercise Park

Carrington Park,
20 O'Connor Road, Knoxfield

Wally Tew Reserve

1010 Burwood Highway,
Ferntree Gully

Westfield Knox Basketball Court

Westfield Knox, 425 Burwood
Highway, Wantirna South (Behind
Rebel Sport)



Monday 17 Feb	Tuesday 18 Feb	Wednesday 19 Feb	Thursday 20 Feb	Friday 21 Feb	Saturday 22 Feb	Sunday 23 Feb
<p>9:00-10:00 am Ferntree Gully Tennis Club Daytime Social Tennis A</p> <p>9:00 am - 2:00 pm Westfield Knox Basketball Court Casual Play E</p> <p>5:30-6:30 pm Rowville Traditional Karate Traditional Okinawan Karate Y K A</p> <p>6:00-6:45 pm Knox Leisureworks Fit and Fab E</p> <p>8:00-8:45 pm Bhangrafit BhangraFit A, CD</p>	<p>5:30-7:00 am Knox Triathlon Club Swim Training E (13+)</p> <p>7:30-8:15 am Knox Leisureworks Move Group E</p> <p>9:00 am - 2:00 pm Westfield Knox Basketball Court Casual Play E</p> <p>9:30-11:00 am Seniors Exercise Park Come and Try the Seniors Exercise Park S</p> <p>6:00-9:30 pm Miller Park Tennis Club Social Tennis E</p> <p>6:30-7:30 pm Ferntree Gully Tennis Club Hit Your Way to Fit A</p> <p>6.45-8:00 pm Knox Triathlon Club Bike Training E (13+)</p> <p>7:30-8:30 pm Golden Cobra Martial Arts Seniors Karate S</p> <p>7:30 pm onwards Mountain District Netball Association Walking Netball Night Competition A S</p>	<p>9:30-10:15 am Knox Leisureworks Body Pump E</p> <p>9:30-10:30 am Mountain District Netball Association Walking Netball A S</p> <p>10:00-11:00 am Carrington Park Leisure Centre Tai Chi A S</p> <p>11:00am - 12:00 pm Indian Snr Citizens Association Yoga S, CD</p> <p>12:30-1:30 pm Knox City Council Carers Exercise Class at Knox Leisureworks C</p> <p>1:15-2:15 pm Community Learning Centre Line Dancing Taster Workshop for Beginners A S</p> <p>8:00-8:45 pm Bhangrafit BollyFit A, CD</p>	<p>5:30-7:00 am Knox Triathlon Club Swim Training E (13+)</p> <p>9:45-11:00 am Mindful Movement Education Finding Greater Freedom in Movement A</p> <p>4:00-8:00 pm Rowville Community Centre Pickleball or Tennis Court Hire Y A</p> <p>5:15-6:30 pm Ferntree Gully Tennis Club All Abilities Tennis D</p> <p>5.30-6.30 pm Golden Cobra Martial Arts Mascots Karate K</p> <p>6:30-8:00 pm Ferntree Gully Tennis Club Evening Fast 4 Social Tennis A</p> <p>6:45-8:00 pm Knox Triathlon Club Run Training E (13+)</p>	<p>10:00-11:00 am Chelle Groove Groove A</p> <p>10:00-11:30 am Knox City Council Guided Cultural Walk at Wally Tew Reserve E</p> <p>6:00-9:30 pm Miller Park Tennis Club Social Tennis E</p>	<p>10:00 am - 2:00 pm Rowville Community Centre Pickleball or Tennis Court Hire Y A</p> <p>10:15-11:00 am YMCA Beginners Skateboarding Y K A E</p> <p>11:15 am - 12:15 pm Golden Cobra Martial Arts Family Karate Class F</p> <p>12:30-1:15 pm Kelly Mini Sports Cricket T</p>	<p>10:15-11:00 am YMCA Girls K8 Skateboarding Y K A W</p> <p>10:00 am - 2:00 pm Melbourne Disc Golf Come and Try Disc Golf E</p>
Monday 24 Feb	Tuesday 25 Feb	Wednesday 26 Feb	Thursday 27 Feb	Friday 28 Feb	Saturday 1 March	Sunday 2 March
<p>9:00-10:00 am Ferntree Gully Tennis Club Daytime Social Tennis A</p> <p>9:00 am - 2:00 pm Westfield Knox Basketball Court Casual Play E</p> <p>9:30-11:30 am Knox City Council Pathways for Carers Walk C</p> <p>4:30-5:30 pm Chelle Groove Groove Kids K</p> <p>5:30-6:30 pm Rowville Traditional Karate Traditional Okinawan Karate Y K A</p> <p>7:45-9:15 pm Golden Cobra Martial Arts Seniors Karate S</p> <p>8:00-8:45 pm Bhangrafit BhangraFit A, CD</p>	<p>5:30-7:00 am Knox Triathlon Club Swim Training E (13+)</p> <p>7:30-8:15 am Knox Leisureworks Move Group E</p> <p>9:00 am - 2:00 pm Westfield Knox Basketball Court Casual Play E</p> <p>9:30-10:15 am Community Learning Centre Preschool Music Movement & Magical Fun T</p> <p>9:30-11:00 am Seniors Exercise Park Come and Try the Seniors Exercise Park S</p> <p>6:00-9:30 pm Miller Park Tennis Club Social Tennis E</p> <p>6.30-7.30 pm Ferntree Gully Tennis Hit Your Way to Fit A</p> <p>6:45-8:00 pm Knox Triathlon Club Bike Training E (13+)</p> <p>From 7:30 pm Mountain District Netball Association Walking Netball Night Competition A S</p>	<p>9:30-10:30 am Mountain District Netball Association Walking Netball A S</p> <p>11:00 am - 12:00 pm Indian Senior Citizens Association Yoga S, CD</p> <p>12:30-1:30 pm Knox City Council Carers Exercise Class at Knox Leisureworks C</p> <p>5:30-6:30 pm Golden Cobra Martial Arts Family Karate Class F</p> <p>7:45-8:30 pm Knox Leisureworks Mat Pilates E</p> <p>8:00-8:45 pm Bhangrafit BollyFit A, CD</p>	<p>5:30-7:00 am Knox Triathlon Club Swim Training E (13+)</p> <p>9:45-11:00 am Mindful Movement Education Finding Greater Freedom in Movement A</p> <p>4:00-8:00 pm Rowville Community Centre Pickleball and Tennis Court Hire Y A</p> <p>5:15-6:30 pm Ferntree Gully Tennis Club All Abilities Tennis D</p> <p>6:30-8:00 pm Ferntree Gully Tennis Club Evening Fast 4 Social Tennis A</p> <p>6:45-8:00 pm Knox Triathlon Club Run Training E (13+)</p>	<p>6:00-9:30 pm Miller Park Tennis Club Social Tennis E</p>	<p>10:00 am - 2:00 pm Rowville Community Centre Pickleball and Tennis Court Hire Y A</p> <p>10:15-11:00 am YMCA Girls K8 Skateboarding Y K A W</p> <p>12:30-1:15 pm Kelly Mini Sports Football T</p>	<p>9:30-10:15 am Knox Leisureworks Body Pump E</p>

T Toddlers (1-5 years)
K Kids (6-12 years)
F Families with children aged 1-16
Y Youth (13-17)

A Adults
S Senior
C Carers
D People with Disabilities

E Everyone
CD Culturally and Linguistically Diverse People
W Women

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