

GIRLZONE 2026

	Pickleball	Craft	At Home Fitness	Cooking and Nutrition	Self-Defence	Zumba	Acting, Singing, Dancing	Guided Journalling	Gymnastics	Yoga
Time	City of Grande Prairie Programmers	The Centre for Creative Arts	Eastlink Centre Fitness Instructor	Revival Nutrition and Training	SheRolls Jiu Jitsu	Eastlink Centre Fitness Instructor	Grande Prairie Children's Theatre	City of Grande Prairie Programmers	Grande Prairie Gymnastics	Rooted Heart Yoga and Art Studio
9 a.m. – 9:50 a.m.	Group E	Group B	Group D	Group C	Group A					
10 a.m. – 10:50 a.m.	Group D	Group C	Group E	Group A	Group B					
11:00 a.m. – 11:50 a.m.	Group A	Group D	Group B	Group E	Group C					
12:00 p.m. – 12:50 p.m.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 p.m. – 1:50 p.m.	Group C					Group A	Group E	Group D		Group B
2 p.m. – 2:50 p.m.						Group B	Group C	Group A	Group D	Group E
3 p.m. – 3:50 p.m.						Group D	Group B	Group C	Group E	Group A

*Activities are subject to change.

Time	GROUP A (ages 13 – 15)	GROUP B (ages 10 – 15)	GROUP C (ages 10 – 15)	GROUP D (ages 10 – 15)	GROUP E (ages 10 – 15)
9 a.m. – 9:50 a.m.	Self-Defence	Craft	Cooking and Nutrition	At Home Fitness	Pickleball
10 a.m. – 10:50 a.m.	Cooking and Nutrition	Self-Defence	Craft	Pickleball	At Home Fitness
11:00 a.m. – 11:50 a.m.	Pickleball	At Home Fitness	Self-Defence	Craft	Cooking and Nutrition
12:00 p.m. – 12:50 p.m.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 p.m. – 1:50 p.m.	Zumba	Yoga	Pickleball	Guided Journalling	Acting, Singing, Dancing
2 p.m. – 2:50 p.m.	Guided Journalling	Zumba	Acting, Singing, Dancing	Gymnastics	Yoga
3 p.m. – 3:50 p.m.	Yoga	Acting, Singing, Dancing	Guided Journalling	Zumba	Gymnastics

