

Fortnightly timetable of Events

Mon 15/10	Tue 16/10	Wed 17/10	Thu 18/10	Fri 19/10	
9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> Brisbane FRC		6.30am – 7.30am Group Circuit Brisbane FRC Gym		6.30am – 7.30am Group Circuit Brisbane FRC Gym	
9.30am – 10.00am Mobility, Stretch & Rollout Brisbane FRC Gym		9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> Brisbane FRC	9.00am – 11.00am Recognised Prior Learning Assessments with Churchill Education Brisbane FRC	7.30am Pancake Breakfast Brisbane FRC	9.00am Coffee & Cycle <i>Meet at</i> Brisbane FRC
10.00am – 11.00am Group Training Brisbane FRC Gym		9.30am – 11.00am STAIR Program Brisbane FRC Yoga Space		8.00am Bundaberg Coffee Group <i>River Cruze Café</i> 3 Quay Street Bundaberg	
4.30pm – 5.30pm Guitar Sessions Brisbane FRC Recreation Area		10.00am – 11.00am Group Training Brisbane FRC Gym	10.00am – 11.00am Pilates Group Class Brisbane FRC Yoga Space		
5.30pm – 6.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>	1.00pm – 2.00pm Hydrotherapy <i>Meet at Brisbane FRC</i> <i>(Arrive a little earlier please)</i>		11.30am – 1.00pm Community Kitchen 'Around the World' Brisbane FRC Kitchen	10:00am Toowoomba Coffee Group <i>Engine Room Café</i>	
6.30pm Mates BBQ Brisbane FRC Recreation Area				11.30pm – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>	
Mon 22/10	Tue 23/10	Wed 24/10	Thu 25/10	Fri 26/10	
9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> Brisbane FRC		6.30am – 7.30am Group Circuit Brisbane FRC Gym		6.30am – 7.30am Group Circuit Brisbane FRC Gym	
9.30am – 10.00am Mobility, Stretch & Rollout Brisbane FRC Gym	10.00am – 2.00pm Building of our Mates Community Garden <i>Brisbane FRC inc BBQ lunch</i> <i>(rsvp's required please)</i>	9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> Brisbane FRC	9.00am – 11.00am Recognised Prior Learning Assessments with Churchill Education Brisbane FRC	7.30am Pancake Breakfast Brisbane FRC	9.00am Coffee & Cycle <i>Meet at</i> Brisbane FRC
10.00am – 11.00am Group Training Brisbane FRC Gym		9.30am – 11.00am STAIR Program Brisbane FRC Yoga Space	9.00am Sunshine Coast Coffee <i>Chill Café - 89 The Esplanade</i> Golden Beach	8.00am Bundaberg Coffee Group <i>River Cruze Café</i> 3 Quay Street Bundaberg	
4.30pm – 5.30pm Guitar Sessions Brisbane FRC Recreation Area		10.00am – 11.00am Group Training Brisbane FRC Gym	10.00am – 11.00am Pilates Group Class Brisbane FRC Yoga Space		
5.30pm – 6.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>	1.00pm – 2.00pm Hydrotherapy <i>Meet at Brisbane FRC</i> <i>(Arrive a little earlier please)</i>			10:00am Toowoomba Coffee Group <i>Engine Room Café</i>	
6.30pm Mates BBQ Brisbane FRC Recreation Area				11.30pm – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>	