

Fortnightly timetable of Events

Monday 12/11	Tuesday 13/11	Wednesday 14/11	Thursday 15/11	Friday 16/11
09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café
09:30 Mates Cycling Group Meet @ FRC	09:00 – 09:45 PT Circuit Group, In-Centre	09:00 – 09:45 Boxing Circuit	09:00 – 09:45 PT Circuit Group, In-Centre	09:30 – Yoga Cnr McDonald & Kent Street Gulliver
10:15 – 15:00 Massage Appts	10:00 – Pilates In-Centre	09:00 – 10:30 STAIR Program Week 11/12 CLOSED GROUP	10:00 – Pilates In-Centre	10:00 – 12:00 Art-Class Human Portraits Drill Hall Studio Class Full POSTPONED
12:30 – Yoga In-Centre	11:00 - Tai Chi In-Centre	10:00 – 13:00 Physio Appts	10:00 Partners Support Group Tenpin Bowling Bamford Lane	12:00 – 14:00 Music
		10:30 – 12:30 Wheelchair Basketball	10:15 – 15:00 Massage Appts	BOOKINGS BY APPOINTMENT Bob Kinnane Commissioner of Declarations (QLD) <i>Signing of Documents in FRC</i>
		11:00 Hydrotherapy Long Tan Pool @ Heatley		
Monday 19/11	Tuesday 20/11	Wednesday 21/11	Thursday 22/11	Friday 23/11
09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café
09:30 Mini Mates North Shore Pool RSVP Essential	09:00 – 09:45 PT Circuit Group, In-Centre	09:00 – 09:45 Boxing Circuit	09:00 – 09:45 PT Circuit Group, In-Centre	09:00 Walk The Strand Meet @ The Rockpool
10:15 – 15:00 Massage Appts	10:00 – Pilates In-Centre	09:00 – 10:30 STAIR Program Week 12/12 CLOSED GROUP	10:00 – Pilates In-Centre	09:30 – Yoga Cnr McDonald & Kent Street, Gulliver
12:30 – Yoga In-Centre	CAIRNS 10am Coffee Catch Up @ The Tattooed Sailor	10:00 – Golf Driving Range Pandanus Park Golf Centre RSVP Essential	10:15 – 15:00 Massage Appts	10:00 – 12:00 Art Class Human Portraits Week 2/4 Drill Hall Studio Class Full
	11:00 - Tai Chi In-Centre	10:15 – 15:30 Massage Appts		12:00 – 14:00 Music
		10:30 – 12:30 Wheelchair Basketball		BOOKING BY APPOINTMENT Bob Kinnane Commissioner of Declarations (QLD) <i>Signing of Documents in FRC</i>
		11:00 Hydrotherapy Long Tan Pool @ Heatley		