

Fortnightly timetable of Events

Mon 12/11	Tue 13/11	Wed 14/11	Thu 15/11	Fri 16/11		Sat 17/11
		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>		8.00-9.00am Group Circuit <i>Brisbane FRC</i>
9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> <i>Brisbane FRC</i>	9.00am – 12.00pm Sea Side Ride <i>Meet at Shorncliffe Pier at 8.45am</i>	9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> <i>Brisbane FRC</i>	9.00am – 11.00am Recognised Prior Learning Assessments with Churchill Education <i>Brisbane FRC</i>	7.30am Pancake Breakfast <i>Brisbane FRC</i>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>	
10.00am – 11.00am Group Training <i>Brisbane FRC Gym</i>				8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>		9.30-10.30am Pilates Class <i>Brisbane FRC</i>
4.30pm – 5.30pm Guitar Sessions <i>Brisbane FRC Rec Area</i>		10.00am – 11.00am Group Training <i>Brisbane FRC Gym</i>	10.00am – 11.00am Pilates Group Class <i>Brisbane FRC Yoga Space</i>			
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' <i>Brisbane FRC Kitchen</i>	10:00am Toowoomba Coffee Group <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>		
6.30pm Mates BBQ <i>Brisbane FRC Recreation Area</i>				11.30am – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>		

Mon 19/11	Tue 20/11	Wed 21/11	Thu 22/11	Fri 23/11		Sat 24/11
		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>		8.00-9.00am Group Circuit <i>Brisbane FRC</i>
9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> <i>Brisbane FRC</i>		9.00am – 1.30pm Massage with Gary <i>(By appointment)</i> <i>Brisbane FRC</i>	9.00am – 11.00am Recognised Prior Learning Assessments with Churchill Education <i>Brisbane FRC</i>	7.30am Pancake Breakfast <i>Brisbane FRC</i>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>	
10.00am – 11.00am Group Training <i>Brisbane FRC Gym</i>			9.00am Sunshine Coast Coffee <i>Beau's Café</i> <i>34 Esplanade Headland Kings Beach</i>	8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>		9.30-10.30am Pilates Class <i>Brisbane FRC</i>
4.30pm – 5.30pm Guitar Sessions <i>Brisbane FRC Rec Area</i>		10.00am – 11.00am Group Training <i>Brisbane FRC Gym</i>	10.00am – 11.00am Pilates Group Class <i>Brisbane FRC Yoga Space</i>			
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>		9.00am – 11.00am Boondall Wetlands Walk <i>RSVP's required by 21 Nov</i> <i>(Wheelchair Accessible)</i>	10:00am Toowoomba Coffee Group <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>		
6.30pm Mates/Mixer BBQ <i>Brisbane FRC Recreation Area</i>				11.30am – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>		