

Fortnightly timetable of Events

Mon 10/12	Tue 11/12	Wed 12/12	Thu 13/12	Fri 14/12	Sat 15/12
		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</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>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>	12pm to 3pm Mates & Families Christmas Party! <i>Brisbane FRC</i>
10.00am – 11.00am Group Training <i>Brisbane FRC Gym</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>	11.30am – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>	Rock Climbing Wall
		FRC CLOSING AT 12.30PM TODAY		1.00pm – 3.00pm Hobby Model Workshop <i>Brisbane FRC Art Space</i>	Big BBQ Cook Up
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</i>			8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>	Inflatable Archery Visit from Santa
6.30pm Mates BBQ <i>Brisbane FRC Recreation Area</i>				10:00am Toowoomba Coffee Group <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>	

Mon 17/12	Tue 18/12	Wed 19/12	Thu 20/12	Fri 21/12
		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>	No Sunshine Coast Coffee Up Today	6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</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>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>
10.00am – 11.00am Group Training <i>Brisbane FRC Gym</i>	10.00am – 12.00pm Beginner's Pottery <i>Brisbane FRC</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>	11.30am – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>
5.30pm – 6.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i>			1.00pm – 3.00pm Indoor Climbing <i>Milton Urban Climb</i> <i>Meet at Brisbane FRC</i>	8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>
THERE WILL BE NO BBQ TONIGHT DUE TO THE CHRISTMAS PARTY ON 15 DEC				10:00am Toowoomba Coffee Group <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>

WISHING EVERYONE A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR
THE FRC WILL RE-OPEN ON WED 2 JAN 2019