

Fortnightly timetable of Events

Mon 07/01	Tue 08/01	Wed 09/01	Thu 10/01	Fri 11/01
		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>
No massage appointments today		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 Recreation Area</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>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>
				11.30am – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i> <i>Brisbane FRC Yoga Space</i>
5.30pm – 6.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i> <i>Brisbane FRC Yoga Space</i>			11.30am – 1.00pm Community Kitchen 'Around the World' <i>Brisbane FRC Kitchen</i>	8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>
6.30pm Mates/Mixer BBQ <i>Brisbane FRC Recreation Area</i>				10:00am Toowoomba Coffee Group <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>

Mon 14/01	Tue 15/01	Wed 16/01	Thu 17/01	Fri 18/01
		6.30am – 7.30am Group Circuit <i>Brisbane FRC Gym</i>	9.00am Sunshine Coast Coffee <i>Café Invigor8</i> <i>16 Farrell Street Yandina</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>	7.30am Pancake Breakfast <i>Brisbane FRC Recreation Area</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>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>
				11.30am – 12.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i> <i>Brisbane FRC Yoga Space</i>
5.30pm – 6.30pm Restorative Yoga & Meditation <i>For all Fitness Levels & Abilities</i> <i>Brisbane FRC Yoga Space</i>	1.00pm – 2.00pm Hydrotherapy <i>Meet at Brisbane FRC</i> <i>Arrive a little earlier please</i>			8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>
6.30pm Mate BBQ <i>Brisbane FRC Recreation Area</i>				10:00am Toowoomba Coffee Group <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>