

Fortnightly timetable of Events

Monday 07/01	Tuesday 08/01	Wednesday 09/01	Thursday 10/01	Friday 11/1
Pop-Up-Café CLOSED	Pop-Up-Café CLOSED	Pop-Up-Café CLOSED	Pop-Up-Café CLOSED	Pop-Up-Café CLOSED
09.30 Cycling Meet @ FRC	09:00 – 09:45 PT Circuit Group, In-Centre		09:00 – 09:45 PT Circuit Group, In- Centre	09.00 Walking Group Meet @ the Rockpool
	10:00 – Pilates In-Centre	10:30 – 12:30 Wheelchair Basketball	10:00 – Pilates In-Centre	09:30 – Yoga Cnr McDonald & Kent Street, Gulliver
	CAIRNS Coffee-Catch-Up Returning 15 th Jan	11:00 Hydrotherapy @ RIVERWAY	11:00 Mini Drones	
	11:00 - Tai Chi In-Centre			12:00 – 14:00 Music with Matt
Monday 14/01	Tuesday 15/01	Wednesday 16/01	Thursday 17/01	Friday 18/01
Pop-Up Café 9.00-12.30	Pop-Up Café 9.00-12.30	Pop-Up Café 9.00-12.30	Pop-Up Café 9.00-12.30	Pop-Up Café 9.00-12.30
	09:00 – 09:45 PT Circuit Group, In-Centre		09:00 – 09:45 PT Circuit Group, In- Centre	09:30 – Yoga Cnr McDonald & Kent Street, Gulliver
	10:00 – Pilates In-Centre	10:30 – 12:30 Wheelchair Basketball	10:00 – Pilates In-Centre	
	11:00 - Tai Chi In-Centre	11.00 Hydrotherapy Long Tan	11:00 Mini Drones	12:00 – 14:00 Music
	Cairns Coffee Catch Up 10.00am @ Tattooed Sailor			