

## Fortnightly timetable of Events

Monday 04/02	Tuesday 05/02	Wednesday 06/02	Thursday 07/02	Friday 08/02
		<b>7.00am – 8.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>		<b>7.00am – 8.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>
<b>9.00am – 1.30pm</b> <b>Massage with Gary</b> <i>(By appointment)</i> <i>Brisbane FRC</i>	<b>9.00am – 11.00am</b> <b>Weekly Walk</b> <i>Meet at Brisbane FRC</i>	<b>9.00am – 1.30pm</b> <b>Massage with Gary</b> <i>(By appointment)</i> <i>Brisbane FRC</i>		<b>7.30am</b> <b>Pancake Breakfast</b> <i>Brisbane FRC Recreation Area</i>   <b>9.00am</b> <b>Coffee &amp; Cycle</b> <i>Meet at Brisbane FRC</i>
<b>10.00am – 11.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>	<b>10.00am – 11.00am</b> <b>DIY Terrarium</b> <i>Brisbane FRC Recreation Area</i>	<b>10.00am – 11.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>	<b>10.00am – 11.00am</b> <b>Pilates Group Class</b> <i>Brisbane FRC Gym</i>	<b>12.30pm – 1.30pm</b> <b>Steps Challenge Group Workshop</b> <i>Brisbane FRC Gym</i>
<b>5.30pm – 6.30pm</b> <b>Restorative Yoga &amp; Meditation</b> <i>For all Fitness Levels &amp; Abilities</i> <i>Brisbane FRC Yoga Space</i>			<b>11.30am – 1.00pm</b> <b>Community Kitchen Around the World - India</b> <i>Brisbane FRC Kitchen</i>	<b>11.30am – 12.30pm</b> <b>Restorative Yoga &amp; Meditation</b> <i>For all Fitness Levels &amp; Abilities</i> <i>Brisbane FRC Yoga Space</i>
<b>6.30pm – 7.30pm</b> <b>Mates/Mixer BBQ</b> <i>Brisbane FRC Recreation Area</i>	<b>1.00pm – 2.00pm</b> <b>Hydrotherapy</b> <i>Meet at Brisbane FRC</i> <i>Arrive a little earlier please</i>			<b>8.00am</b> <b>Bundaberg Coffee Group</b> <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>
<b>7.00pm – 7.50pm</b> <b>Partner in Conversation</b> <i>Brisbane FRC Yoga Space</i>				<b>10.00am</b> <b>Toowoomba Coffee Group</b> <i>Engine Room Café</i> <i>1 Railway Street Toowoomba</i>
Monday 11/02	Tuesday 12/02	Wednesday 13/02	Thursday 14/02	Friday 15/02
		<b>7.00am – 8.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>	<b>9.00am</b> <b>Sunshine Coast Coffee</b> <i>Nanna McGinn's</i> <i>11 Elizabeth Street Kenilworth</i>	<b>7.00am – 8.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>
<b>9.00am – 1.30pm</b> <b>Massage with Gary</b> <i>(By appointment)</i> <i>Brisbane FRC</i>	<b>9.00am – 11.00am</b> <b>Weekly Walk</b> <i>Meet at Brisbane FRC</i>	<b>9.00am – 1.30pm</b> <b>Massage with Gary</b> <i>(By appointment)</i> <i>Brisbane FRC</i>	<b>Mt Coot-tha Trek</b> <b>7.30am at FRC or 8.00am</b> <b>from CH9 Carpark</b> <i>RSVP's required</i> <i>Brisbane FRC</i>	<b>7.30am</b> <b>Pancake Breakfast</b> <i>Brisbane FRC Recreation Area</i>   <b>9.00am</b> <b>Coffee &amp; Cycle</b> <i>Meet at Brisbane FRC</i>
<b>10.00am – 11.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>		<b>10.00am – 11.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>	<b>10.00am – 11.00am</b> <b>Pilates Group Class</b> <i>Brisbane FRC Gym</i>	<b>12.30pm – 1.30pm</b> <b>Steps Challenge Group Workshop</b> <i>Brisbane FRC Gym</i>
				<b>11.30am – 12.30pm</b> <b>Restorative Yoga &amp; Meditation</b> <i>For all Fitness Levels &amp; Abilities</i> <i>Brisbane FRC Yoga Space</i>
<b>5.30pm – 6.30pm</b> <b>Restorative Yoga &amp; Meditation</b> <i>For all Fitness Levels &amp; Abilities</i> <i>Brisbane FRC Yoga Space</i>	<b>1.00pm – 2.00pm</b> <b>Hydrotherapy</b> <i>Meet at Brisbane FRC</i> <i>Arrive a little earlier please</i>			<b>8.00am</b> <b>Bundaberg Coffee Group</b> <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>
<b>6.30pm – 7.30pm</b> <b>Mates BBQ</b>				<b>10.00am</b> <b>Toowoomba Coffee Group</b> <i>Engine Room Café</i>