

Monday 18/03	Tuesday 19/03	Wednesday 20/03	Thursday 21/03	Friday 22/03
<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>
<b>9.30</b> <b>Cycling</b> Meet @ FRC	<b>9.00-9.45</b> <b>PT Circuit</b> In Centre		<b>9.00-9.45</b> <b>PT Circuit</b> In Centre	<b>9.00</b> <b>Walking Group</b> Meet @ Love Lane park
<b>12.30</b> In Centre Yoga	<b>10.00</b> In Centre Pilates	<b>10.30-12.30</b> Wheelchair Basketball	<b>10.00</b> In Centre Pilates	<b>9.00am</b> <b>Yoga for Happiness</b> <b>(Trauma Informed)</b> **In Centre**
	<b>11.00</b> In Centre Tai Chi	<b>13.00</b> <b>Hydrotherapy @ Kokoda</b>	<b>10.00 - 12.00</b> Women's Group Mates4Mates	<b>12.00 - 13.00</b> <b>Beginners</b> <b>Music Group</b>

Monday 25/03	Tuesday 26/03	Wednesday 27/03	Thursday 28/03	Friday 29/03
<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>	<b><u>Pop Up Café</u></b> <b><u>9.00-12.30</u></b>
	<b>9.00-9.45</b> <b>PT Circuit</b> In Centre			<b>9.00am</b> <b>Yoga for Happiness</b> <b>(Trauma Informed)</b> **In Centre**
<b>12.30</b> In Centre Yoga	<b>10.00</b> In Centre Pilates	<b>10.30-12.30</b> <b>Wheelchair Basketball</b>	<b>10.00</b> In Centre Pilates	<b>12.00-14.00</b> Music Group
	<b>11.00</b> In Centre Tai Chi	<b>**13.00**</b> <b>Hydrotherapy</b> @ Kokoda		
	<b>Cairns Coffee Catch Up</b> <b>10.00 am @ The Tattooed</b> <b>Sailor</b>			