

Monday 18/03	Tuesday 19/03	Wednesday 20/03	Thursday 21/03	Friday 22/03
		7.00am – 8.00am Group Training <i>Brisbane FRC Gym</i>		<u>NO</u> Group Training Today
9.00am – 1.30pm Myotherapy with Gary <i>(By appointment)</i> <i>Brisbane FRC</i>	9.30am Toowoomba Coffee Group <i>Queens Park</i> <i>Godsall Street entrance</i>	9.00am – 1.30pm Myotherapy with Gary <i>(By appointment)</i> <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 Gym</i>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>
			11.30am – 1.00pm Community Kitchen Around the World <i>Brisbane FRC Kitchen</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>			
6.30pm – 7.30pm Mates BBQ <i>Brisbane FRC Recreation Area</i>				8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>

Monday 25/03	Tuesday 26/03	Wednesday 27/03	Thursday 28/03	Friday 29/03
		7.00am – 8.00am Group Training <i>Brisbane FRC Gym</i>	9.00am Sunshine Coast Coffee <i>Coco's Beach Café</i> <i>1 Westaway Parade Currimundi</i>	7.00am – 8.00am Group Training <i>Brisbane FRC Gym</i>
9.00am – 1.30pm Myotherapy with Gary <i>(By appointment)</i> <i>Brisbane FRC</i>	9.30am Toowoomba Coffee Group <i>Queens Park</i> <i>Godsall Street entrance</i>	9.00am – 1.30pm Myotherapy with Gary <i>(By appointment)</i> <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 Gym</i>	9.00am Coffee & Cycle <i>Meet at Brisbane FRC</i>
	10.30am – 1.00pm Enoggera Reservoir Walk <i>Meet at 28 Mount Nebo Road</i> <i>The Gap</i>		12.30pm Ipswich Coffee Group <i>Dovetails Restaurant</i> <i>88 Limestone Street Ipswich</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>			
6.30pm – 7.30pm Mates BBQ <i>Brisbane FRC Recreation Area</i>				8.00am Bundaberg Coffee Group <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>