

Monday 15/04	Tuesday 16/04	Wednesday 17/04	Thursday 18/04	Friday 19/04
		<b>7.00am – 8.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>		<b>EASTER FRIDAY CLOSURE</b>
	<b>9.30am</b> <b>Toowoomba Coffee Group</b> <i>Queens Park</i> <i>Godsall Street entrance</i>	<b>9.00am – 1.30pm</b> <b>Myotherapy with Gary</b> <i>(By appointment)</i> <i>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>*School Holiday Activity*</b> <b>10.00am – 12.00pm</b> <b>Indoor Rock Climbing</b> <b>Brisbane</b> <i>Limited spaces - RSVP to Cody</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>12.30pm – 1.30pm</b> <b>Hydrotherapy at Newmarket</b> <i>Meet at Brisbane FRC</i> <i>Arrive a little earlier please</i>	<b>1.00pm – 2.00pm</b> <b>Book Club</b> <i>Brisbane FRC Library Space</i>		
<b>*School Holiday Activity*</b> <b>6.30pm – 7.30pm</b> <b>Movie &amp; Pizza Night</b> <i>Brisbane FRC Recreation Area</i>				

Monday 22/04	Tuesday 23/04	Wednesday 24/04	Thursday 25/04	Friday 26/04	
EASTER MONDAY CLOSURE		<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>9.30am</b> <b>Toowoomba Coffee Group</b> <i>Queens Park</i> <i>Godsall Street entrance</i>	<b>9.00am – 1.30pm</b> <b>Myotherapy 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>10.00am – 11.00am</b> <b>Group Training</b> <i>Brisbane FRC Gym</i>	ANZAC DAY CLOSURE	<b>9.00am</b> <b>Coffee &amp; Cycle</b> <i>Meet at Brisbane FRC</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>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>