

Monday 29/04	Tuesday 30/04	Wednesday 01/05	Thursday 02/05	Friday 03/05
<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>
9.30 Cycling Meet @ FRC	9.00-9.45 PT Circuit In Centre	9.00-10.30 STAIR Program **Closed Group**	9.00-9.45 PT Circuit In Centre	9.00 Walking Group Love Lane Mundingburra Meet @ Park
12.30 In Centre Yoga	10.00 In Centre Pilates	9.30am Coffee Catch Up Odyssey on the Strand	10.00 In Centre Pilates	9.00am Yoga for Happiness (Trauma Informed) Bookings Essential – max 8 **In Centre**
	11.00 In Centre Tai Chi	10.30-12.30 Wheelchair Basketball		10.30am Jenn – Compleat Nutrition **RSVP event**
		13.00 Hydrotherapy @ Kokoda Pool NOT ON THIS WEEK		Aims Visit *Group Full*
				11-12 Beginners Music with Matt 12-1pm Music with Donna & Matt 1-2pm Music with Matt

Monday 06/05	Tuesday 07/05	Wednesday 08/05	Thursday 09/05	Friday 10/05
<u>FRC CLOSED</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>	<u>Pop Up Café</u> <u>9.00-12.30</u>
Public Holiday	9.00-9.45 PT Circuit In Centre	9.00-10.30 STAIR Program **Closed Group**	9.00-9.45 PT Circuit In Centre	9.00am Yoga for Happiness (Trauma Informed) Bookings Essential – max 8 **In Centre**
	10.00 In Centre Pilates	10.30-12.30 Wheelchair Basketball	10.00 In Centre Pilates	
	11.00 In Centre Tai Chi	13.00 Hydrotherapy @ Kokoda Pool *Pimlico*	Women's Group 10.00am Hydrotherapy @Kokoda Pool – Pimlico With Lauren	11-12 Beginners Music with Matt 1-2pm Music with Matt
	Cairns Coffee Catch Up 10.00 am @ The Tattooed Sailor			12.00-1.00pm Music with Donna & Matt
				1.00-2.00pm Music with Matt