

Monday 29/04	Tuesday 30/04	Wednesday 01/05	Thursday 02/05	Friday 03/05
		<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>		<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>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>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>6.30pm – 7.30pm</b> <b>Mates BBQ</b> <i>Brisbane FRC Recreation Area</i>				<b>8.00am</b> <b>Bundaberg Coffee Group</b> <i>River Cruze Café</i> <i>3 Quay Street Bundaberg</i>

Monday 06/05	Tuesday 07/05	Wednesday 08/05	Thursday 09/05	Friday 10/05	
PUBLIC HOLIDAY CLOSURE		<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>The Peachester Café</i> <i>24 Coochin Street Peachester</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>	<b>10.00am – 11.00am</b> <b>Pilates Group Class</b> <i>Brisbane FRC Gym</i>	<b>9.00am</b> <b>Coffee &amp; Cycle</b> <i>Meet at Brisbane FRC</i>
				<b>12.30pm</b> <b>Ipswich Coffee Group</b> <i>Dovetails Restaurant</i> <i>88 Limestone Street Ipswich</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>