

Monday 27/05	Tuesday 28/05	Wednesday 29/05	Thursday 30/05	Friday 31/05
		7.00am – 8.00am Group Training <i>Brisbane FRC Gym</i>		7.00am – 8.00am Group Training <i>Brisbane FRC Gym</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>
		9.30am – 12.30pm Photography Course <i>Brisbane FRC</i>	10.30am – 1.00pm Community Kitchen ‘China’ <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 Cruz Café</i> <i>3 Quay Street Bundaberg</i>

Monday 03/06	Tuesday 04/06	Wednesday 05/06	Thursday 06/06	Friday 07/06	Saturday 08/06
		7.00am – 8.00am Group Training <i>Brisbane FRC Gym</i>	9.00am Sunshine Coast Coffee <i>The Edge Restaurant</i> <i>127 Main Street Montville</i>	7.00am – 8.00am Group Training <i>Brisbane FRC Gym</i>	8.00am – 5.00pm Toowoomba Mindfulness Rock Climbing
	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>	Limited Spaces!!! RSVP to cody.mcmahon@mates4mates.org or call 1300 462 837
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>	
		11.00am – 12.00pm Art Workshop ‘Texta Watercolours’ <i>Brisbane FRC</i> <i>RSVP to Brie</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/Mixer BBQ <i>Brisbane FRC Recreation Area</i>				8.00am Bundaberg Coffee Group <i>River Cruz Café</i> <i>3 Quay Street Bundaberg</i>	