

FFC AUTUMN TIMETABLE 2025

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|---|--|--|---|---|---|--|
| 6:00 am – 7:00am | Get Strong** Thirroul Beach Josh | 20:20:20** Thirroul Beach Alyssa | Running** Thirroul Beach Alyssa | Boxing** Thirroul Beach Alyssa | MINIROX** Thirroul Beach Josh | | |
| 7:00 am – 8.00 am | | | | | | 20:20:20** Thirroul Beach Alyssa | |
| 9:20 am – 10:20am | FFCROX* Thirroul Beach Alyssa | Get Strong* Thirroul Beach Alyssa | Glutes & Core* Thirroul Beach Max | HIIT* Thirroul Beach Alyssa | Circuit* Thirroul Beach Alyssa | | |
| 6:00 pm – 7.00pm | Circuit Thirroul Public School Alyssa | | Get Strong Thirroul Public School Alyssa | | | |  |

* In case of bad weather, class will be online via Zoom

**In case of bad weather, class will be held at Thirroul Public School