


**FFC AUTUMN TIMETABLE 2026**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00 am –7:00am	<b>Get Strong**</b> Thirroul Beach Alyssa	<b>20:20:20**</b> Thirroul Beach Alyssa	<b>Running**</b> Thirroul Beach Max	<b>Circuit** (Strength)</b> Thirroul Beach Alyssa	<b>HIIT**</b> Thirroul Beach Alyssa		
7:00 am – 8.00 am						<b>20:20:20**</b> Thirroul Beach Max  BRING A FRIEND FOR FREE!!	
9:20 am – 10:20am	<b>20:20:20*</b> Thirroul Beach Alyssa	<b>Get Strong*</b> Thirroul Beach Alyssa	<b>Glutes and Core*</b> Thirroul Beach Max	<b>HIIT*</b> Thirroul Beach Alyssa	<b>Circuit* (Strength)</b> Thirroul Beach Alyssa		
6:00 pm – 7.00pm	<b>Circuit (Cardio)</b> Thirroul Public School Max		<b>Get Strong</b> Thirroul Public School Alyssa				

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

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