


## FFC AUTUMN TIMETABLE 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am – 7:00am	<b>Get Strong**</b> Thirroul Beach Josh	<b>20:20:20**</b> Thirroul Beach Alyssa	<b>Running**</b> Thirroul Beach Alyssa	<b>Boxfit**</b> Thirroul Beach Alyssa	<b>HIIT45**</b> Thirroul Beach Josh		
7:00 am – 8.00 am						<b>20:20:20**</b> Thirroul Beach Alyssa	
9:20 am – 10:20am	<b>20:20:20*</b> Thirroul Beach Josh	<b>Get Strong*</b> Thirroul Beach Alyssa	<b>Glutes &amp; Core*</b> Thirroul Beach Alyssa	<b>HIIT45*</b> Thirroul Beach Alyssa	<b>Circuit*</b> Thirroul Beach Alyssa		
6:00 pm – 7.00pm	<b>Circuit</b> Thirroul Public School Alyssa		<b>Get Strong</b> 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