

FFC SPRING 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	Circuit (Strength)** Thirroul Beach Alyssa	HIIT** Thirroul Beach Josh		
7:00 am – 8.00 am						HIIT** Thirroul Beach Alyssa BRING A FRIEND FOR FREE!!	
9:20 am – 10:20am	20:20:20* Thirroul Beach Alyssa	Get Strong* Thirroul Beach Alyssa	Glutes & Core* Thirroul Beach Alyssa	HIIT* Thirroul Beach Alyssa	Circuit (Strength)* Thirroul Beach Alyssa		
6:00 pm – 7.00pm	Circuit (Cardio) Thirroul Public School Alyssa		Get Strong 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