

FFC SPRING TIMETABLE 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am – 7:00am	Get Strong** Thirroul Beach Josh	XFit** Thirroul Beach Alyssa	Running** Thirroul Beach Alyssa	Boxing** Thirroul Beach Alyssa	HIIT** Thirroul Beach Josh		
7:00 am – 8.00 am						20:20:20** Thirroul Beach Alyssa	
9:20 am – 10:20am	Xfit* Thirroul Beach Alyssa	Get Strong* Thirroul Beach Josh	Glutes & Core* Thirroul Beach Alyssa	HIIT* Thirroul Beach Alyssa	Circuit* Thirroul Beach Alyssa		
6:00 pm – 7.00pm	Circuit** Thirroul Beach Alyssa		Get Strong** Thirroul Beach 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