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| Date | Activity | Location | Time | Cost |
| February 19th  Sunday | Rock Climbing | Breakfast & Urban Climb | 8.30am-12.30pm | $35 |
| March 19th  Sunday | Kayaking | Lake Kurwongbah | 7.30 -9am | $65 |
| April 23rd  Sunday | 10 km Trek | Enoggera Reserve | 6am-10am | N/C |
| May 19,20,21 Fri, Sat, Sun | Camping Trek | Binna Burra | All weekend | TBA |
| June 25TH Sunday | Bike Ride | Sandgate or the City on Bike Tracks TBA | 7.30 am - Noonish |  |
| Date | Monthly Health Check Up | | | Cost |
| 4th February | Fitness Testing | 45 Camfin Rd | 4-5pm | Depends of the Results! ☺ |
| 4th March | Fitness Testing | 45 Camfin Rd | 4-5pm |
| 1st April | Fitness Testing | 45 Camfin Rd | 4-5pm |
| 6th May, | Fitness Testing | 45 Camfin Rd | 4-5pm |
| 1st July | Fitness Testing | 45 Camfin Rd | 4-5pm |

Save the Date

Monthly Adventures

What’s coming your Way!

Real People – Real Adventures!