



Christmas / New Year

GROUP TIMETABLE

25.12	CLOSED
26.12	CLOSED
27.12	6:00AM TEMPO RUN & COFFEE
28.12	6:00PM STRENGTH TRAINING
29.12	6:00AM TRAIL RUN & COFFEE
30.12	7:00AM RUN CLUB
31.12	CLOSED
01.01	CLOSED
02.01	REGULAR TIMETABLE RESUMES

SEMI-PRIVATE S&C & PT AVAILABLE BY
APPOINTMENT



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