

SOCIAL SESSIONS:

TURBO TRAINING

MEET UP AND TURBO TRAIN AT THE NORTH WALES INDOOR ATHLETICS CENTRE AT DEESIDE COLLEGE.

**STARTING: SATURDAY 4TH FEBRUARY 2012,
9:15AM - 10:15AM.
COST: £4 PER SESSION**

THIS PROGRAMME IS RELEVANT FOR PERSONS 16+. PARTICIPANTS WILL NEED TO BRING THEIR OWN BIKE, DRINK AND TOWEL.

MORE INFORMATION?

CONTACT THE SPORTS@DEESIDE TEAM ON:

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