

ATHLETIC DEVELOPMENT



COST: FREE

EVERY TUESDAY 3.30-4.30PM (14-16 YEARS)

4.30-5.30PM (16-19 YEARS)

LONDON SKOLARS, NEW RIVER, N22 5QW

- For those aged 14+
- All abilities welcome. Particularly those looking to become more active.
- Sessions are linked to Junior Squads.
- Strength & Conditioning.
- Improve fitness, speed and co-ordination with a qualified Personal Trainer.

WORK : LEARN : ACHIEVE