

LLANDAFF ROWING CLUB
CLUB CIRCUIT
TRAINING

EVERY TUESDAY AND THURSDAY

Starting this Tuesday 30 January 2007

AT

GLANTAF SCHOOL

BRIDGE ROAD, LLANDAFF

MEET AT LLANDAFF ROWING CLUB

6.15pm

FOR CLUB SQUAD JOG TO GLAN TAF

FEES:

FREE TO ALL CLUB MEMBERS

PLEASE NOTE:

THIS IS A TRIAL RUN FOR A 10 WEEK PERIOD AS REQUESTED BY YOU - 'CLUB MEMBERS'.
PLEASE SUPPORT THIS CLUB CIRCUIT - THE ONLY PEOPLE WHO WILL BENEFIT WILL BE YOU.

FOR FURTHER DETAILS, TURN UP AND FIND OUT!

DIFFERENT LEVELS TO SUIT YOUR OWN TRAINING PROGRAM

- OPEN TO ALL LRC MEMBERS -