

POWER hour

Speed - Power - Agility



**Monday:
7pm to 8pm**

**Wednesday:
7pm to 8pm**

**Saturday:
10am to 11am**

Core Strength & Stability

**£5.00 Non-Members
FREE to Pay-Monthly Members**



Athlete performance centre

Unit 8, Queensferry Industrial Estate, Pentre, Sandycroft, CH5 2DJ

Web:- www.athleteperformancecentre.co.uk Tel:- 01244 535 053