

Monday	Tuesday	Thursday	Friday	Saturday
<p>9.30am 0-5km Venue; Hove Prom (King Alfred) Tutor; Mona</p>	<p>6.30pm IMPROVERS RUN for distance RUN for speed RUN for strength RUN for weight loss Venue; Hove Prom (lagoon) Tutor; Mona</p>	<p>9.30am 0-5km Venue; Preston Park Tutor; Jason</p>	<p>9.30am IMPROVERS RUN for distance RUN for speed RUN for strength RUN for weight loss Venue; Hove Park Tutor; Mona</p>	<p>9am Circuits Venue; BHASVIC Tutor; Luke</p>
<p>10.30am Buggy run COMING SOON!!! Venue; Hove Prom (King Alfred) Tutor; Mona</p>	<p>6.30pm Complete beginner Venue; Hove Prom (lagoon) Tutor; Jason</p>	<p>10.30am IMPROVERS RUN for distance RUN for speed RUN for strength RUN for weight loss Venue; Preston Park Tutor; Jason</p>	<p>10.30am Complete beginner Venue; Hove Park Tutor; Mona</p>	
	<p>7.30pm 0-5km Venue; Hove Prom (lagoon) Tutor; Jason</p>			

10 week course for all

1 class a week = £50

2 classes or more a week £75 (booked at beginning of course)

Extra classes (DROP IN) £3.50 a week