



This Photo by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/4.0/)

SATURDAY

9-10AM OR 1-2PM

SUNDAY 9-10AM

TUESDAY 6.30-7.30PM

COSTS ONLY £1 PER PERSON

If you have any questions, please don't hesitate to get in touch

We look forward to seeing you soon!

Please wear trainers



Ever wanted to get fitter but lack the motivation?

For ages 5+

For complete beginners to go from little or no activity to running 5K in just 12 weeks!!

WARRIORS AT THE HEART OF THE COMMUNITY

Manchester Communication Academy

Silchester Drive

Harpurhey

Manchester

M40 8NT

Tel- 07957429959

abrahammosswarriorsjfc

@yahoo.co.uk