

High Leisure Centre Day: Tuesday

Time: 10:00 – 15:00

Cost: FREE

For: Beginners and **Intermediate Cyclists**

Bikes and Safety Equipment will be provided. The cycling day will be teaching riders new skills, improving on their current skills and looking at different disciplines of cycling.

We will also do some cycle racing and challenges through out the day.

To book your place call 01473 826622 - Places are limited

For more information contact Simon King Tel: 01473 826655 or simon.king@babergh.gov.uk





