

INTRODUCTION TO CYCLING

**EVERY
SUNDAY**
(WEATHER PERMITTING)



ARE ORGANISING A
**LEISURE
CYCLE**

We meet at **THE TF HOTEL** @ 10.00 am
The Cycle caters for all standards and is targeting at **BEGINNERS**
who would like to enjoy a healthy exercise
Speed: To suit all standards
Supervised: YES with an experienced club member **Cost:** €2
SUITABLE FOR BEGINNERS, PARENTS AND CHILDREN (OVER 10)

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