

## V2 Strength and Conditioning Sessions for LWAC – Monday Evenings

The following times have been allocated for the V2 strength & Conditioning workshops commencing on Monday 10<sup>th</sup> May. Note that first session will commence around 6.15pm due to feedback from various parties regarding difficulty in getting to V2 for 6 pm.

<b>Group 1 6.15 – 7.0pm</b>		<b>Group 2 – 7.15 – 8 pm</b>	
1	Laura Donnelly	1	Jack Edmondson
2	Abbie Donnelly	2	Denise Campbell
3	Ellie Mason-Powers	3	Lindsay Campbell
4	Jenny Owen	4	Stu Campbell
5	Alex Humberstone	5	Hester Talbot
6	Catrina Thomas	6	Ronny Wilson
7	Rebekah Ward	7	Ian Maplethorpe
8	Lauren Ward	8	Shane Robinson
9	Lucy Helas	9	Tom Straw
10	Daniel Skinner	10	Nathan Page
11		11	Sophie Cowper
12		12	

Cost is £2.50 per person payable on the night direct to Vital 2. To reserve further spaces, contact Ian or Greg at Vital 2 on 01522 - 690702