



LERATATO COMMUNITY INITIATIVE

VIRTUAL FITNESS & HEALTH

FREE WEEKLY SESSIONS

NOV 2020 – FEB 2021

for Youth aged 8 – 15 years

- ✓ FUN & FITNESS 8 -11 yrs Wed 5.00 - 6.00 pm
- ✓ SKILLS SESSIONS 12-15 yrs Sun 1.30 – 2.30 pm
- ✓ NUTRITION ADVICE
- ✓ MINI CHALLENGES
- ✓ REGULAR GUEST Q & A
- ✓ LED BY QUALIFIED TRAINERS
- ✓ CONNECT WITH LOCAL SPORTS CLUBS

Pre- Register on our website:
www.leratocommunityinitiative.org.uk

Call us:

02080332375

info@leratocommunityinitiative.org.uk

FOLLOW US:

Instagram: [leratocic](#)

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You will need:

Internet Access (on any device)
Adequate Space: indoors or

SUPPORTED BY

MAYOR OF LONDON

