

A FLEX



For Asylum  
Seekers &  
Refugees



MENS  
**GYM  
SESSIONS**

EVERY THURSDAY | 11AM - 12PM

Starting 18th January 2024



**Meeting Point:** Give a Gift, Resource Centre, Roundhay Road, LS8 4HS, Leeds @ 10:30am

**Where:** Snap Fitness, Unit 6, 633 Roundhay Rd, Roundhay, Oakwood, Leeds LS8 4BA

- 1 Hour Weekly
- Bring suitable trainers / water / towel