



AWAY DAY HATTERS

FITNESS GROUP



SESSIONS EVERY SATURDAY*
FROM 9:30AM-10:30AM

Join us at Ely Way Training Ground on Saturday mornings for a session that focusses on **fitness, strength and conditioning** and **a focussed sport**.

These sessions are open to everyone of any ability to participate no matter your fitness goals or aims.

£3.50 per session

SESSIONS ARE BASED AT:

**ELY WAY TRAINING GROUND,
ELY WAY, LU4 9QN**



For more information or to book your place, please contact:

☎ 01582 561622 or ✉ health@lutontown.co.uk

***Sessions will only run on Saturdays where Luton Town are playing away from home or not playing at all**