

BE STRONG • BE FREE • BE YOU

“ I have been running with RLJ for about 5 years now and it was the best decision I have ever made. The support and encouragement from Anna, Emma and the other RLJ coaches is just amazing. This has helped me complete 3 half marathons and many 10k races. The friendships I have made from being apart of RLJ is lovely. Thanks Anna and Emma for setting up this amazing club! ”

Asha Lou Roy

We have lots of weekly classes to choose from led by our professional team.

Day	Time	Group	Meeting Place
Monday	9.15am	Mixed ability group run	Reigate Hill
Monday	7.30pm	Complete beginners running	St Bedes, Carlton Road
Monday	7.30pm	Improvers runners	St Bedes, Carlton Road
Monday	7.30pm	Improve your Hill Running Course	St Bedes Carlton Road
Monday	7.30pm	Mixed ability group runs (x3 distances)	St Bedes, Carlton Road
Wednesday	9.15am	Mixed ability group run (x2 distances: 5k and 7k options)	Wray Lane Car Park, Reigate Hill
Wednesday	7.30pm	Mixed ability group run (x2 distances)	St Bedes, Carlton Road
Thursday	9.30am	Complete Beginners running	Old Reigatians
Thursday	9.30am	Improvers course	Old Reigatians
Thursday	9.30am	Mixed ability group run	Old Reigatians
Thursday	9.30am	Intro to Trail Course	Old Reigatians
Friday	8.15am	Mixed ability group run	Bletchingley
Friday	9.15am	Mixed ability group run	Battlebridge Running Track
Friday	9.15am	“Build your fitness” – Track Session	Battlebridge Running Track
Saturday	8.30am	Mixed ability group run	St Bedes, Carlton Road
Sunday	8.30am	Mixed ability group run	St Bedes, Carlton Road

Book Online | www.reigateladiesjoggers.co.uk

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