



LUNCHTIME CYCLE IN MUSGRAVE PARK

Wednesday, 22nd October

Wednesday, 12th November

Wednesday, 3rd December

2 Sessions: 12.15pm - 1.00pm or 1.00pm - 1.45pm

Join us for a 30 minute beginner lunchtime spin

Take a real break with added fun!

Pleaser wear suitable clothing & footwear

bikes & helmets provided

[Sign up here](#)

Any questions, please Contact:

william.moore@belfasttrust.hscni.net



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**WalkWheel
Cycle Trust**
Formerly Sustrans

**We are the charity making it possible
for everyone to walk, wheel and cycle**