

Phil's drop in sessions

Drop in sessions with professional running coach Phil Robertson. Phil can be contacted on phil@fitness-aspirations.com.

Review Sessions Sunday 7pm: <i>a chance to look back at how your training is going and talk through any issues.</i>	Physio clinics Tuesday 1pm: <i>with Lucas from Technique Health.</i>	Ask me anything Friday 1pm: <i>for any questions or concerns.</i>
	November 14 th	November 24 th
	December 12 th	December 15 th
January 14 th	January 9 th	January 19 th
January 28 th	January 23 rd	January 26 th
February 18 th	February 6 th	February 9 th
February 25 th	February 20 th	February 16 th
March 10 th	March 5 th	March 8 th
March 24 th	March 19 th	March 22 nd
April 7 th	April 2 nd	April 5 th
April 14 th	April 16 th	April 12 th
		April 19 th

The link will be the **same** for all meetings.

<https://us02web.zoom.us/j/6787323353?pwd=L0IGOW9rSTZXcUZEc1p4dmZ6WDRMUT09>

Meeting ID: 678 732 3353

Passcode: 1J9eUy

📞 020 7404 9982 📧 info@brainresearchuk.org.uk 🌐 www.brainresearchuk.org.uk

📍 Fifth Floor, Holborn Gate, 330 High Holborn, London WC1V 7QH

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