



Running Group

Central Performance Running Centre



Group coaching for beginners to elite
Lunchtime & morning sessions
Professional coaching, proven results

CALL 9280 2322

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www.centralperformance.com.au

Running Group

Central Performance Running Centre



Great programs for all abilities.

**Maximise your training benefits
with professional coaching.**

Morning & lunchtime sessions.

**Monthly membership, unlimited
sessions.**

SESSION TIMES & BOOKINGS

☎ 9280 2322

@ info@centralperformance.com.au
Suite 1, 418a Elizabeth St, Surry Hills

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