

Jiu Jitsu Strength And Conditioning

JE Gale

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Jiu Jitsu Strength And Conditioning Introduction

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turn up and take part wherever you want whenever you want

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web register for parkrun parkrun is free and you only need to register once regardless of how many different

events you visit and whether you intend to walk jog run volunteer or do a combination we can t wait to welcome you at an event soon have a question about registering for parkrun please visit our faqs page here

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web parkrun is committed to safeguarding and promoting the welfare of children and adults at risk for our full safeguarding processes and policies including how to report a concern please see our safeguarding hub we re friendly every week we grab a post parkrun coffee in mcdonalds west coast park please come and join us

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web parkrun stylised as parkrun is a

collection of 5 kilometre 3 1 mi events for walkers runners and volunteers that take place every saturday morning at more than 2 000 locations in 22 countries across six continents parkrun was founded by paul sinton hewitt on 2 october 2004 at bushy park in london england

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web course description bishan parkrun is two laps run anti clockwise around the perimeter of bishan ang mo kio park on tarmac footpaths the meeting briefing point is close to the bishan park dog run area 250m east of car park a and aramsa the garden spa starting on the main footpath close to bishan ang mo kio site office head west towards

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