



## **Free Bike Maintenance** **Classes For Adults**

- Fix punctures/Check wheels
- Adjust/Maintain Brakes and Gears
- Spot potential problems
- *Save Time and Money!*

**VENUES:** Lenton Centre  
Willoughby St  
Lenton

**Framework**  
Beech Avenue  
Forest Fields

**DATES:** 1<sup>st</sup> Tuesday  
of each month

**Last Thursday**  
of each month

**TIMES:** 10 – 12 NOON

**10 – 12 NOON**

**To book your place contact Julian Bentley on:  
07824 508535 Or telephone 0115 955 2288**

