



Happy 3rd Birthday Evolution!



Let's get out of our Lycra & have a drink together to celebrate Evolution Paddington's 3rd Birthday.

I promise....no hills, no push ups & definately no burpees!!



Where: Iceworks Bar, Paddington

When: 6pm - Friday 7th September (please just pop in whenever you finish work)

RSVP: August 31st (just so I can make sure we have a little spot reserved)

Can you please try and dig out a photo of you when you were about 3 (or get your Mum on to it like I did) and email it through to me. Thanks

