

# Friday & the weekend



Time	Activity	Venue	Cost	Further Information
<b>Friday</b> 9.30- 10.30am	Aerobics	The Bridge, 234 Stratford Road, Solihull, B90 3HH	£5.00	Contact Penny on 07815 053534 or email <a href="mailto:upliftingexercise@gmail.com">upliftingexercise@gmail.com</a>
<b>Saturday</b> 12.00- 1.00pm	FITPOW class with DanceFitness & Meditation	Crabtree Hall, Crabtree Drive, Chelmsley Wood	£5.00	Contact Teresa on 07541 395656 or visit <a href="#">here</a>
<b>Various</b>	Breeze - Women only cycling group	Various	Free	Contact Elaine on 07813 102025 or email <a href="mailto:breezenetworksolihull@gmail.com">breezenetworksolihull@gmail.com</a>

