

Monday



**THIS
GIRL
CAN**

Time	Activity	Venue	Cost	Further Information
9.30-10.15am	Interval Training	The Bridge, 234 Stratford Road, Solihull, B90 3HH	£5.00	Contact Penny on 07815 053534 or email upliftingexercise@gmail.com
10am	One Fit Mama	Wythall Village Hall	£5.00	Contact Gemma & Marie at Solihull@onefitmama.co.uk
10.30-11.30am	Strictly Uplifting (Dance)	The Bridge, 234 Stratford Road, Solihull, B90 3HH	£5.00	Contact Penny on 07815 053534 or email upliftingexercise@gmail.com
1.00-2.00pm	Fitsteps Classes	Bosworth Community Centre, Chelmsley Wood	£5.00	Contact Teresa on 07541 395656 or visit www.iamreza.com
5.30-6.30pm	FitPOW	St Anne's Community Centre, Chelmsley Wood	£5.00	Contact Teresa on 07541 395656 or visit here
6.30-8.00pm	Fitweigh Class - weigh and workout all in one class	Langley Primary School, St. Bernards Road, Olton, Solihull, B92 7DJ	£6.00	Contact Sandra on 07773095705, email fitweighclasses@gmail.com or visit the website
6.30-7.30pm	Social Touch Rugby	Camphill Rugby Club, Haslucks Green Road, Solihull	Free	Email Leanne at lea_ashworth@hotmail.co.uk
7.00-7.45pm	((BOUNCE)) Bootcamp	Flash Climbing, Vulcan Road, Solihull, B91 2JY	£6.95	Bookings made here
7.50pm start	Zumba Fitness	Cheswick Green Village Hall, Solihull	£5.00	Contact Emma on 07766 100707 or visit www.zumbafitness-solihull.co.uk

