

# Thursday



Time	Activity	Venue	Cost	Further Information
9.30am start	Zumba Fitness	Cheswick Green Village Hall, Solihull	£5.00	Contact Emma on 07766 100707 or visit <a href="http://www.zumbafitness-solihull.co.uk">www.zumbafitness-solihull.co.uk</a>
10.00-10.30am	Bhangra Aerobics	St Johns House, Alum Rock	£5.00	Contact Penny on 07815 053534 or email <a href="mailto:upliftingexercise@gmail.com">upliftingexercise@gmail.com</a>
6.00-7.30pm	Ladies Only Swimming	North Solihull Sports Centre, Chelmsley Wood	£3.80	Just turn up or for more information call 0121 770 3822
6.30-8.00pm	Ladies Cricket	Watery Lane, Earlswood, Solihull	TBC	For more information visit <a href="http://www.earlswoodcc.co.uk">www.earlswoodcc.co.uk</a>
6.30pm-8.30pm	Rounders Fun League	Tudor Grange School, Solihull	£3.00-£4.00	Contact Clair on <a href="mailto:clairandrews@leagues4you.com">clairandrews@leagues4you.com</a> or visit <a href="http://www.leagues4you.co.uk/">www.leagues4you.co.uk/</a>
6.45-8.00pm	Ladies Touch Rugby	Old Silhillians, Warwick Road, Knowle, Solihull	TBC	Contact Jonathan Trace on <a href="mailto:tracejonathan@aol.com">tracejonathan@aol.com</a>
7.15-8.15pm	Glowercise	CTC Kingshurst Academy, Cooks Lane, Sportshall	£5.00	Contact Davine on 07701 357561
7.40pm start	Clubbercise	Shelly Farm Community Centre, Monkspath	£5.00	Contact Emma on 07766 100707 or visit <a href="http://www.zumbafitness-solihull.co.uk">www.zumbafitness-solihull.co.uk</a>
9.00-10.00pm	Scuba Diving	Tudor Grange Leisure Centre, Blossomfield Road	£10.00 for a try dive	For further information email <a href="mailto:solihullsubagua@gmail.com">solihullsubagua@gmail.com</a> or call 07775 951068. Website click <a href="#">here</a>

