

Tuesday



Time	Activity	Venue	Cost	Further Information
10.15am	Express Body Bump	North Solihull Sports Centre, Conway Road, Chelmsley Wood	£3.50	Call 0121 7703822 to book
12.00-1.00pm	SitSteps – seated exercise	@ Junction, 100 Chapelhouse Road, Fordbridge, B37 5HA	TBC	Contact Reza on 07541 395656 or visit here
5.00-6.30pm & 6.30-8.00pm	Fitweigh Class - weigh and workout all in one class	Land Rover Sports & Social Club, Billsmore Green(off Rowood Drive), B92 9LN	£6.00	Contact Sandra on 07773095705, email fitweighclasses@gmail.com or visit the website
From 5.00pm various times	Tennis Tuesdays for women only	Various locations	£5.00 -£7.00	To find out more about Tennis Tuesdays in your area visit here
6.00-7.00pm & 7.15pm-8.15pm	Glowercise	CTC Kingshurst Academy, Cooks Lane, Sportshall	£5.00	Contact Davine on 07701 357561
7.00pm start	Running	Various locations, South Solihull	TBC	Visit Mums on the Run website www.solihullmumsontherun.uk
7.00-8.30pm	Netball Fun Leagues	Tudor Grange School, Solihull	£3.00-£4.00	clairandrews@leagues4you.com or visit www.leagues4you.co.uk/
7.00-8.00pm	FitSteps	@ Junction, 100 Chapelhouse Road, Fordbridge, B37 5HA	TBC	Contact Reza on 07541 395656 or visit here

