

Wednesday



**THIS
GIRL
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Time	Activity	Venue	Cost	Further Information
9.30-11.00am	Fitweigh Class - weigh and workout	Hall Green Methodist Church, Hall Green, B28 8TE	£6.00	Contact Sandra on 07773095705, email fitweighclasses@gmail.com or visit the website
9.15-10.15am	Fitsteps Classes	The Three Trees Centre, Craig Croft	£5.00	Contact Teresa on 07541 395656 or visit here
10.15am	One Fit Mama	The Pavilion, Hockley Heath	£5.00	Contact Gemma & Marie at Solihull@onefitmama.co.uk
3.00-4.00pm or 6.00-7.00pm	Get Into Golf - group coaching sessions	Tudor Grange Pitch and Putt, Tudor Grange Park	Free	Just turn up and join in the fun! All abilities welcome, equipment will be provided
6.00-7.00pm	((BOUNCE))	Flash Climbing, Vulcan Road, Solihull, B91 2JY	£6.95	Bookings can be made here
7.00-8.00pm	Bollywood Fitness Dance	St Martins School, Brueton Avenue, Solihull	£6.00	Contact Aspire Dance info@aspire-dance.co.uk
7.00-8.00pm	Netball	CTC Kingshurst Academy, Cooks Lane, Sportshall	£3.00	Contact the Ortonets theortonets@yahoo.co.uk
8.00-9.00pm	Legs, Bums and Tums	North Solihull Sports Centre, Chelmsley Wood	£5.00	To book call 0121 770 3822
7.00-8.00pm	Ladies Boxing	Tudor Grange Leisure Centre, Solihull	£5.00	To book call 0121 705 6371
7.45pm	Clubbercise	Wilcare Sports Centre, Sheldon, B26 2NZ	£5.00	Contact Emma on 07766 100707 or visit www.zumbafitness-solihull.co.uk
9.00-10.00pm	Ladies Only Swimming	Tudor Grange Leisure Centre, Solihull	£3.30	Just turn for more information call 0121 705 6371

