

aspirations Outdoor Fitness Class Programme

Tuesday	Wednesday	Friday
5.30 - 6.15pm	6 - 6.45pm	5.30pm
20th April and 4th May	21st April and 5th May	23rd, 30th April, 7th and 14th May
Body Combat	Sh'bam	Grit
5.30 - 6.15pm	6 - 6.45pm	
27th April and 11th May	28th April and 12th May	
Body Attack	Zumba	

Please note all classes are weather dependant and may be cancelled at short notice or cancelled during the session due to rain.

All classes must be pre-booked at www.telfordandwrekinleisure.co.uk/bookonline