



GYM

FRIDAY 22ND

WLV HIIT

Legs, Buns & Guns

Open Gym

Body Conditioning

Open Gym

Functional Fit

Women's Bodyblast

Body Conditioning

Sports Centre, Walsall

Sports Centre, Walsall

Sports Centre, Walsall

Sports Centre, City

Sports Centre, City

Sports Centre, Walsall

Sports Centre, Walsall

Sports Centre, Walsall

7-7:45am

9:30-10:15am

12-2 & 7-9pm

12:15-1pm

12-2 & 6-8pm

12:15-12:45pm

1:30-2:30pm

6-7pm



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SOCIAL



FRIDAY 22ND

Walk & Talk

Sports Centre, Walsall

12:15-1pm

Badminton

Sports Centre, City

3-4pm

Basketball

Sports Centre, City

4-5pm



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