



# OUTDOOR FITNESS CLASSES

**FRODSHAM LEISURE CENTRE**

**ALL WEATHER PITCH**

**THURSDAY**

**PM**

**6.00 - 7.00**

**BOOTCAMP**

**Chris**

**SATURDAY**

**AM**

**9.30 - 10.30**

**BRIO HIIT**

**Sara**

**[brioleisure.org](http://brioleisure.org)**