What's on at The Ghyll



LOCATION OF CLASS



					Muga	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tappy Toes Children's dance classes 6 months - 5yrs 9.45am - 11am (TERM TIME ONLY) LARDNER HALL Francesca@ tappytoes.com	Connect and Play Baby & Toddler Group 9.15am - 10.30am (TERM TIME ONLY) LARDNER HALL connectsouthwater@ gmail.com	Fit 'n' Fun with Sue Cailes 10am - 11am LARDNER HALL fitnfunwithsue@ btinternet.com 07773 269509		Heartspace Yoga 9.30am - 10.30am Dynamic Women's Yoga 10.45am - 11.45am Gentle Women's Yoga LARDNER HALL hello@heartspaceyoga.org		
Available to Hire Please contact us at bookings@theghyll.org	Tired Mums Club Mum & child exercise class 11am - 12.30pm LARDNER HALL tiredmumsclub@outlook. com Southwater Bowls Club Indoor Short Mat Bowls 2pm - 4pm LARDNER HALL southwaterbowls@ gmail.com	Sit 'n' Get Fit with Sue Cailes 11am - 11.45am LARDNER HALL fitnfunwithsue@ btinternet.com 07773 269509	Available to Hire Please contact us at bookings@theghyll.org	Southwater Walking Football 10am - 11am OUTSIDE MUGA keith.allingham@ hotmail.co.uk	Hall available to hire - Private functions / children's parties etc Please contact us at	Hall available to hire - Private functions / children's parties etc Please contact us at
Stretch & Flex with Sue Cailes 2pm - 3pm LARDNER HALL fitnfunwithsue@ btinternet.com 07773 269509		Available to Hire Please contact us at bookings@theghyll.org		Available to Hire Please contact us at bookings@theghyll.org		
Available to Hire Please contact us at bookings@theghyll.org Zumba with The Performance Zone 6.30pm - 7.30pm LARDNER HALL matthew@ theperformancezoneuk. co.uk	Available to Hire Please contact us at bookings@theghyll.org	Strictly Fitsteps with Amber 6pm - 7pm LARDNER HALL Contact Amber: 07861 456217 Dance2Night Ballroom dancing 8pm - 9pm LARDNER HALL chris@ dance2night.co.uk 07801 820376	MegaMix with The Performance Zone 7pm - 8pm LARDNER HALL matthew@ theperformancezoneuk. co.uk 01403 613093 Available to Hire Please contact us at bookings@theghyll.org	Southwater Youth Project - Junior Youth Club (for school years 5-7) 6.30pm - 8pm LARDNER HALL southwateryouthworker@hotmail.co.uk	bookings@ theghyll.org	bookings@ theghyll.org