

What's on at The Ghyll



LOCATION OF CLASS

Lardner Hall

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Tappy Toes <i>Children's dance classes 6 months - 5yrs</i></p> <p>9.45am - 11am <i>(TERM TIME ONLY)</i></p> <p><u>LARDNER HALL</u></p> <p>Francesca@tappytoes.com</p>	<p><u>Connect and Play Baby & Toddler Group</u></p> <p>9.15am - 10.30am <i>(TERM TIME ONLY)</i></p> <p><u>LARDNER HALL</u></p> <p>connectsouthwater@gmail.com</p>	<p><u>Fit 'n' Fun with Sue Cailles</u></p> <p>10am - 11am</p> <p><u>LARDNER HALL</u></p> <p>fitnfunwithsue@btinternet.com 07773 269509</p>	<p><u>Tired Mums Club</u> <i>Mum & child exercise class</i></p> <p>9.30am - 11am</p> <p><u>LARDNER HALL</u></p> <p>tiredmumsclub@outlook.com</p>	<p><u>Heartspace Yoga</u></p> <p>9.30am - 10.30am Dynamic Women's Yoga 10.45am - 11.45am Gentle Women's Yoga</p> <p><u>LARDNER HALL</u></p> <p>hello@heartspaceyoga.org</p>	<p>Hall available to hire - Private functions / children's parties etc</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>	<p>Hall available to hire - Private functions / children's parties etc</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>
<p><u>Stretch & Flex with Sue Cailles</u></p> <p>2pm - 3pm</p> <p><u>LARDNER HALL</u></p> <p>fitnfunwithsue@btinternet.com 07773 269509</p>	<p><u>Tired Mums Club</u> <i>Mum & child exercise class</i></p> <p>11am - 12.30pm</p> <p><u>LARDNER HALL</u></p> <p>tiredmumsclub@outlook.com</p>	<p><u>Sit 'n' Get Fit with Sue Cailles</u></p> <p>11am - 11.45am</p> <p><u>LARDNER HALL</u></p> <p>fitnfunwithsue@btinternet.com 07773 269509</p>	<p><u>MegaMix with The Performance Zone</u></p> <p>7pm - 8pm</p> <p><u>LARDNER HALL</u></p> <p>matthew@theperformancezoneuk.co.uk 01403 613093</p>	<p><u>Southwater Youth Project - Junior Youth Club</u> <i>(for school years 5-7)</i></p> <p>6.30pm - 8pm</p> <p><u>LARDNER HALL</u></p> <p>southwateryouthworker@hotmail.co.uk</p>		
<p><u>Pilates Strength and Stretch with Sami Marshall</u></p> <p>6.15pm - 7.15pm</p> <p><u>LARDNER HALL</u></p> <p>sammfitness@gmail.com</p>	<p><u>Southwater Bowls Club Indoor Short Mat Bowls</u></p> <p>2pm - 4pm</p> <p><u>LARDNER HALL</u></p> <p>southwaterbowls@gmail.com</p>	<p><u>Strictly Fitsteps with Amber</u></p> <p>6pm - 7pm</p> <p><u>LARDNER HALL</u></p> <p>Contact Amber: 07861 456217</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>		
<p><u>Zumba with The Performance Zone</u></p> <p>6.30pm - 7.30pm</p> <p><u>LARDNER HALL</u></p> <p>matthew@theperformancezoneuk.co.uk 01403 613093</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>		