

What's on at The Laurie Apted Building

(Located next to Southwater Sports Club)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Gill Probin Flexi fit</u></p> <p>9am - 12.30pm</p> <p>Contact Gill: 07730463502</p>	<p><u>TinyTalk</u> <i>Baby signing class (TERM TIME ONLY)</i></p> <p>10am - 11am</p> <p>carlies@tinytalk.co.uk</p>	<p><u>Mat Pilates with Sami Marshall</u></p> <p>9am - 10am</p> <p>sammfitness@gmail.com</p>	<p><u>Camomile Lawn Yoga</u></p> <p>9.30am - 10.30am</p> <p>hello@camomile-lawn.com</p>	<p><u>Yoga</u></p> <p>9.15am - 10.45am</p>	<p><u>Yoga with Lottee</u></p> <p>8.15am - 9.15am</p> <p>wellness.lottee@gmail.com</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>Southwater Art Club</u></p> <p>1pm - 4pm</p> <p>www.southwaterartclub.co.uk</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>	<p><u>Gill Probin Flexi fit</u></p> <p>10.30am - 1.30pm</p> <p>Contact Gill: 07730463502</p>	<p><u>Tired Mums Club</u> <i>Mum & child exercise class</i></p> <p>11am - 12.30pm</p> <p>tiredmumsclub@outlook.com</p>	<p><u>Sarah Pasby - Pilates</u></p> <p>11am - 12pm</p> <p>sarahpasby@btinternet.com</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>Kenagi Martial Arts</u></p> <p>6pm - 8pm</p> <p>Contact Brian: 07711 987672</p>	<p><u>HDC Wellbeing Sessions</u> <i>12 week course</i></p> <p>1pm - 3pm</p> <p>01403 215111 info@horshamdistrictwellbeing.org.uk</p>	<p><u>Southwater Art Club</u> <i>Alternative Wednesday's</i></p> <p>2pm - 5pm</p> <p>www.southwaterartclub.co.uk</p>	<p><u>Yoga for people with Parkinson's</u></p> <p>5.30pm - 6.30pm</p> <p>emmabrinton@sky.com</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>		
<p><u>Torus Progressive Kickboxing</u></p> <p>8.30pm - 9.30pm</p> <p>Contact Gavin: 07725 813787</p>	<p><u>Pilates Strength and Stretch with Sami Marshall</u></p> <p>6.15pm - 7.15pm</p> <p>sammfitness@gmail.com</p>	<p><u>Camomile Lawn Yoga</u></p> <p>7.30pm - 8.30pm</p> <p>hello@camomile-lawn.com</p>	<p><u>The Centered Rider</u> <i>Horse Riding fitness group</i></p> <p>7pm - 8pm</p> <p>thecenteredrider@gmail.com</p>	<p>Available to Hire</p> <p>Please contact us at</p> <p>bookings@theghyll.org</p>		