

# What's on at The Laurie Apted Building

(Located next to Southwater Sports Club)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b><u>Gill Probin Flexi fit</u></b></p> <p><b>9am - 12.30pm</b></p> <p>Contact Gill: 07730463502</p>	<p><b><u>Southwater Computer Club</u></b></p> <p><b>10am - 12pm</b></p> <p>info@southwatercp.org.uk</p>	<p><b><u>Mat Pilates with Sami Marshall</u></b></p> <p><b>9am - 10am</b></p> <p>sammfitness@gmail.com</p>	<p><b><u>Camomile Lawn Yoga</u></b></p> <p><b>9.30am - 10.30am</b></p> <p>hello@camomile-lawn.com</p>	<p><b><u>Yoga</u></b></p> <p><b>9.15am - 10.45am</b></p>	<p><b>Hall available to hire - Private functions / children's parties etc</b></p> <p><b>Please contact us at</b></p> <p>bookings@theghyll.org</p>	<p><b>Hall available to hire - Private functions / children's parties etc</b></p> <p><b>Please contact us at</b></p> <p>bookings@theghyll.org</p>
<p><b><u>Southwater Art Club</u></b></p> <p><b>1pm - 4pm</b></p> <p>www.southwaterartclub.co.uk</p>	<p><b><u>HDC Wellbeing Sessions</u></b> <i>12 week course</i></p> <p><b>1pm - 3pm</b></p> <p>01403 215111 info@horshamdistrictwellbeing.org.uk</p>	<p><b>Available to Hire</b></p> <p>Please contact us at bookings@theghyll.org</p>	<p><b>Available to Hire</b></p> <p>Please contact us at bookings@theghyll.org</p>	<p><b><u>Sarah Pasby - Pilates</u></b></p> <p><b>11am - 12pm</b></p> <p>sarahpasby@btinternet.com</p>		
<p><b><u>Kenagi Martial Arts</u></b></p> <p><b>6pm - 8pm</b></p> <p>Contact Brian: 07711 987672</p>	<p><b><u>Chair Yoga / Seated Exercise</u></b></p> <p><b>3.30pm - 4.15pm</b></p> <p>info@crtherapies.co.uk</p>	<p><b><u>Southwater Art Club</u></b> <i>Alternative Wednesday's</i></p> <p><b>1pm - 4pm</b></p> <p>www.southwaterartclub.co.uk</p>	<p><b><u>Yoga for people with Parkinson's</u></b></p> <p><b>5.30pm - 6.30pm</b></p> <p>emmabrinton@sky.com</p>	<p><b>Available to Hire</b></p> <p>Please contact us at bookings@theghyll.org</p>		
<p><b><u>Torus Progressive Kickboxing</u></b></p> <p><b>8.30pm - 9.30pm</b></p> <p>Contact Gavin: 07725 813787</p>	<p><b><u>Meditation Classes</u></b> <i>(Selected dates - see Get Mindful poster)</i></p> <p><b>7.30pm - 8.30pm</b></p> <p>shirley@getmindful.co.uk</p>	<p><b><u>Camomile Lawn Yoga</u></b></p> <p><b>7.30pm - 8.30pm</b></p> <p>hello@camomile-lawn.com</p>	<p><b><u>Gong &amp; Sound Bath</u></b> <i>(Selected dates - see Connections poster)</i></p> <p><b>7.30pm - 8.30pm</b></p> <p>laurahamlin5@icloud.com</p>	<p><b>Available to Hire</b></p> <p>Please contact us at bookings@theghyll.org</p>		