

Lavinia House Activity Schedule

Updated 12/05/2022*

Tuesday

Lavinia House is open for the following sessions:

11.00 - 11.40

Chair Fitness with Sue
£5

Cafe Open 11.00 - 13.30

**Chatty Cafe
Hot Lunch**

13.45 - 14.30

Thai Chi inspired stretch class

Float & Flow
£5

Wednesday

closed

Thursday

Lavinia House is open for the following sessions:

Please note Chatty Cafe is closed.

11.15 - 12.00

Together Fitness

Stretch & Tone
£5

13.00 - 14.30

All abilities welcome,
includes a hot drink.

Chatty Crochet
£3

Friday

closed

*Subject to change

Dukes Square, Horsham, West Sussex. RH12 1GZ

Please pre-book at Lavinia House or email: info-horsham@ageukwsbh.org.uk