

PARENT & BABY

ACTIVITIES IN
HORSHAM



MONDAY

Buggy Fit 10:30-11:15

Bring your baby along in their buggy for this low-impact workout class, designed to get your body moving!

TUESDAY

Parent & Baby
Balance 10:00-10:45

Balance combines Yoga, Tai Chi & Pilates to build flexibility and strength, leaving you feeling centred and calm whilst your little one lays by your side.

WEDNESDAY

Parent & Baby
Drop In 11:00-11:30

A drop-in swimming lesson to build parents/guardians & their babies confidence in the water (ages 3-18 months).
(PAYGO Only: £5.25 per class)

Additional Summer Classes
From 31st July: Wed 10:35-11:05 / 11:05-11:35

THURSDAY

Parent & Baby
Pilates 10:30-11:15

Follow along with a series of Pilates exercises, specifically designed to safely enhance postpartum recovery.



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