



The HIP List

Your Pull Out Guide To What's Happening In Hastings

Want your event listed?
Contact us now
Ian Greensmith (music),
Nadine Hayward (art,
cinema, theatre &
performance), Hugh
Sullivan (sport) and Rod
Webb (events, classes)
on listings@yourhip.co.uk

MUSIC

Friday 28 July

William the Conqueror

De La Warr Pavilion,
Bexhill, 4.00pm

McNiff's Folk Sundowner

The Jenny Lind,
High St, 7.00pm

Why Patterns + Rustorm

+ Lazarus Lake plus DJs

The Pig, White Rock, 8.00pm

Rebeca Ortega

Flamenco Company

Kino-Teatr, Norman Rd, 7.30pm

Bliss Music Open Mic

Anchor Inn, George St, 8.00pm

Jez Hellard and The

Djukella Orchestra

The Jenny Lind,
High St, 8.30pm

Saturday 29 July

You Win Again: The

Magic of the Bee Gees

White Rock Theatre, 7.30pm

Hastings Reggae Festival:

UB40 featuring Ali Cook

+ Reggae Roast featuring

Natty Campbell + General

Levy + The Marley Revival

The Oval, 12noon

Seafront Session: DJ

Allan Funki Francis

The Albion, George St, 3.00pm

Back in the Garage –

A Night Celebrating Joe

Strummer and The Clash

with The Lone Groover +

Comrade X + DJ Ray Gange

1200 Postcards, Queens

Rd, 7.00pm

Laundry Day Club Night

The Piper, Norman Rd, 9.00pm

Vexed

The Carlisle, Pelham St, 9.00pm

Silent Disco

The Brass, Havelock St 10.00pm

Sunday 30 July

The Rebel Gentlemen

The Stag, All Saints St, 5.00pm

Heathen Apostles

+ Frank From Blue Velvet

The Pig, White Rock, 6.30pm

Vinyl Night

The Jenny Lind, High St, 7.00pm

Vernon Jane

The Piper, Norman Rd, 8.00pm

Tuesday 1 August

Irish Night

The Albion, George St, 8.30pm

Traditional Folk Session

The Stag, All Saints St, 8.30pm

Wednesday 2 August

Open Mic

The Carlisle, Pelham St, 7.00pm

Open Mic with James

& Jules

Tin Tins, Robertson St, 8.00pm

Jam Night

Pissarro's, South Terrace, 8.00pm

Americana Session

The Stag, All Saints St, 8.00pm

Pram Race After Party

The Brass, Havelock St, 11.00pm

Thursday August

Live Jazz: The Jazz

Organisation plus Special

Guest Stuart Jackaman

(Guitar)

The NUR, Robertson St, 8.00pm

Open Mic with James & Jules

The Pig, White Rock, 8.00pm

Lord Jasper The Reluctant

Hippy Presents the

Blues + Guests

The Royal Standard, East

Beach St, 8.00pm

Shanty Night with

Completely Scuppered

The Jenny Lind, High St, 8.30pm

Friday 4 August

McNiff's Folk Sundowner

The Jenny Lind, High St, 7.00pm

Big Blue

Pissarro's, South Terrace, 8.30pm

Saturday 5 August

Factory

The Piper, Norman Rd, 8.00pm

Sunday 6 August

Soul Jazz Sunday Hosted

by DJ Lee with Guest

Selector Mike Delpeache

1200 Postcards, Queens

Rd, 3.30pm

Vinyl Night

The Jenny Lind, High St, 7.00pm

Tuesday 8 August

Albion Skiffle Company

The Albion, George St, 8.30pm

Traditional Folk Session

The Stag, All Saints St, 8.30pm

Wednesday 9 August

Open Mic with James & Jules

Tin Tins, Robertson St, 8.00pm

Jam Night

Pissarro's, South Terrace, 8.00pm

Thursday 10 August

Berth of the Cool - Jazz

DJs: Jo Wallace, Ashley

Beedle, Ben Thompson

& Herbie Greensmith

White Rock Hotel, White

Rock, 7.00pm

Live Jazz: The Jazz

Organisation plus Special

Guest Daniel McConkey (Sax)

The NUR, Robertson St, 8.00pm

Open Mic with James & Jules

The Pig, White Rock, 8.00pm

Lord Jasper The Reluctant

Hippy Presents the

Blues + Guests

The Royal Standard, East

Beach St, 8.00pm

Shanty Night with

Completely Scuppered

The Jenny Lind, High St, 8.30pm

CINEMA

Friday 28 July

Psychomania

Electric Palace, High St, 7.30pm

Saturday 29 July

Under the Volcano

Electric Palace, High St, 7.30pm

Sunday 30 July

Local Hero

Electric Palace, High St, 11.00am

Tuesday 1 August

Cinema on the Pier: Jaws

Hastings Pier, 6.00pm

Wednesday 2 August

Cinema on the Pier:

Frozen (sing-a-long)

Hastings Pier, 6.00pm

Thursday 3 August

Grandad and the Pier

(+short film The Artist

and the Machine)

Electric Palace, High St,

11.00am, 7.30pm

Cinema on the Pier: Mamma Mia

Hastings Pier, 6.00pm

Friday 4 August

Sculptural Rituals

(experimental short films

+ performance by musical

artist Aylin Leclaire)

Electric Palace, High St, 7.30pm

Indiana Jones and the

Dial of Destiny

Kino-Teatr, Norman Rd,

3.00pm, 7.30pm

Saturday 5 August

Barbie

Kino-Teatr, Norman Rd,

3.00pm, 7.30pm

Sunday 6 August

Orlando

Electric Palace, High St

Barbie

Kino-Teatr, Norman Rd, 5.00pm

Tuesday 8 August

Cinema on the Pier:

The Lost Boys

Hastings Pier, 6.00pm

Wednesday 9 August

Cinema on the Pier: Toy Story 2

Hastings Pier, 6.00pm

Barbie

Kino-Teatr, Norman Rd,

3.00pm, 7.30pm

Thursday 10 August

Full Time

Electric Palace, High St,

11.00am, 7.30pm

Cinema on the Pier: Grease

Hastings Pier, 6.00pm

Oppenheimer

3.00pm

Barbie

7.30pm

Kino-Teatr, Norman Rd

Sussex Exchange

Queensway – for film listings go to:

cinema.thesussexexchange.co.uk

Odeon Hastings

Queens Rd - for film listings go to:

odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 28 July

Rebeca Ortega

Flamenco Company

Kino-Teatr, Norman Rd, 7.30pm

Blue Blood or How to

Kill Your Way to the Top

(Hastings Fringe)

Stables Theatre, The Bourne, 7.30pm

Saturday 29 July

David Dale

Forbidden Fruit, Grand

Parade, 9.30pm

Havisham (Hastings Fringe)

Stables Theatre, The Bourne, 7.30pm

Sunday 30 July

Hastings Philharmonic

Orchestra + Choir (+Visiting

Choirs from Freiburg)

De La Warr Pavilion, Bexhill, 7pm

Bowler Crab Theatre Company:

The Two Gentlemen of Verona

Manor Barn, Bexhill, 3.00pm

Monday 31 July

The ParkinSongsters

St John's Church, Upper Church

Rd, Hollington, 3.00pm

Thursday 3 August

School of Rock

De La Warr Pavilion,

Bexhill, 1.30pm, 7.00pm

Friday 4 August

School of Rock

De La Warr Pavilion,

Bexhill, 1.30pm, 7.00pm

Saturday 5 August

School of Rock

De La Warr Pavilion,

Bexhill, 1.30pm, 7.00pm

Bowler Crab Theatre Company:

The Two Gentlemen of Verona

Half House Farm, Butchers

Lane, Three Oaks, 7.30pm

Sunday 6 August

School of Rock

De La Warr Pavilion,

Bexhill, 1.30pm

Bowler Crab Theatre Company:

The Two Gentlemen of Verona

Half House Farm, Butchers

Lane, Three Oaks, 7.30pm

Tuesday 8 August

The House of Kaleidoscopes

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LISTINGS

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Archer Lodge, Charles Rd, 8.00pm

Wednesday 9 August**The House of Kaleidoscopes**

Archer Lodge, Charles Rd, 8.00pm

Thursday 10 August**The House of Kaleidoscopes**

Archer Lodge, Charles Rd, 8.00pm

Alice's Adventures in Aerialand

South Terrace, De La Warr Pavilion, 2.00pm

The Wizard of Oz

(presented by White Rock Summer Youth Project)

White Rock Theatre, 7.30pm

ART

A Moment in Time

31 July until 30 September 2023

Stables Theatre Gallery, The Bourne

Agata Read – Frames

on the Distaff Side

Until 5 August 2023

Project 78 Gallery, Norman Rd

Body of Work – Caroline Macey

Until 29 July 2023

Stables Theatre Art

Gallery, The Bourne

Brian Aris – Two Worlds

Until 12 August 2023

Lucy Bell Gallery, Norman Rd

Djuna O'Neill: The ground

is kind, black butter

Until 6 August 2023

Flatlands Project, Unit 7

Beeching Rd Studios, Bexhill

Edges and Elements: Wendy**Smith and Steve Betts**

8 August until 20 August 2023

Hastings Arts Forum

Jack in the Green 40

Until 6 October 2023

Hastings Museum and Art

Gallery, Bohemia Rd

Jamie Atherton: Fruit

Until 5 August 2023 25 London Rd

Katie Cuddon – Night Portraits

Until 3 September 2023

De La Warr pavilion, Bexhill

Mohammed Sami: The Point 0

Until 28 August 2023

De La Warr Pavilion, Bexhill

Mythomania

Until 3 September 2023

Hastings Museum and Art

Gallery, Bohemia Rd

Photopia Summer Exhibition:**The More We See**

Until 28 July 2023

Stade Hall, The Stade

Portraits of the Dove Café

Until 17 September 2023

Hastings Museum and Art

Gallery, Bohemia Rd

Rafe Eddington – Joie de Vivre

Until 6 August 2023

Rogue Gallery, Norman Rd

Re-Imagined

Until 26 August 2023

North Staircase, De La

Warr Pavilion, Bexhill

Resilience and Collaboration

– Giles Duley (curated

group show for Legacy

of War Foundation)

Until 30 July 2023

Stella Dore Gallery, Norman Rd

Richard Best: The Space**Between the Shadows**

Until 3 August 2023

Hastings Art School,

Priory Meadow

Rip It Up (Group Show)

Until 30 August 2023

St Andrews Mews

Soco Artists: Drawing

– Unframed

Until 6 August 2023

Hastings Arts Forum,

Marine Court

Soutine/Kossoff

Until 24 September 2023

Hastings Contemporary, The Stade

Starwalls – Lilly Cooper

Until 31 July 2023

The Nest, High St

Thrive – Catherine Hull Sinclair

Until 29 July 2023

Caroline Morris Millinery

& Art, Kings Rd

Transcending (Montague**Armstrong)**

An exhibition to fundraise

for the first Hastings Trans

Pride, showcasing works

of art, design and crafts.

Until 31 July 2023

The snug @ The Crown

pub, Crown Lane

Tschabalala Self: Seated

Until 29 October 2023

De La Warr Pavilion Lawn, Bexhill

Yun Hyong-Keun

Until 1 October 2023

Hastings Contemporary, The Stade

SPORT

Every Tuesday, Wednesday and Thursday**Outdoor Rounders**

Women: Tuesdays & Thursdays,

Alexandra Park, 6.30pm-8.00pm.

All genders: Wednesdays, The

Downs in Bexhill, 7.00p-8.00pm.

All welcome; no experience

necessary.

eequ.org/s?q=rounders and[Facebook @Hastings Rounders](https://www.facebook.com/HastingsRounders)**Saturday 29 July****Cricket: Crowhurst Park v****Hastings & St Leonards Priory**

– Sussex Cricket League Div 2

Crowhurst Park 12.30pm

Local rivals have had two

encounters already this season,

a T20 contest and the reverse

league fixture, both won by

Priory. But recent form suggests

this could be a close call.

Tennis: Coaching sessions**(free) provided by Break****Point Tennis at renovated****courts – see sports page**

Alexandra Park 10.00am-3.00pm

Sunday 30 July**Tennis: Amherst Men v David****Lloyd Eastbourne – TDS Tennis****Sussex Summer Doubles M4**

Amherst courts 10.30am

Saturday 5 August**Cricket: Hastings & St****Leonards Priory v Buxted Park**

– Sussex Cricket League Div 2

Claremont School 12.30pm

Monday 7 August**BMX/Skateboarding:****Summer master classes****begin – see sports page**

The Source Park, Hastings seafront

EVENTS

Every Monday, Tuesday, Wednesday, Friday**Health Walks**

Gentle, hour-long walks to

boost physical and mental

health. Free, no booking

required, Times and venues

vary, see website for details.

tcv.org.uk/southeast/[volunteer-south-east/east-](http://volunteer-south-east/east-sussex-healthy-walks)sussex-healthy-walks**Every Monday****Al-Anon**

7.30pm-8.30pm

Clifton Community Church

Centre, 1-2 Stainsby

St, St Leonards

Worried about someone's

drinking? Come to Al-Anon

family groups 12-step weekly

meeting. All welcome.

al-anonuk.org.uk/groups/hastings-monday**Karaoke Night with John C Live**

Havelock Pub, Robertson

St, 7.00pm

[Facebook](https://www.facebook.com)[#generalhavelockhastings](https://www.facebook.com/#generalhavelockhastings)**The Seadog Quiz**

32, Station Rd, Hastings, 8.00pm

1st place - £50 bar tab

[@TheSeaDogHastings](https://www.facebook.com)**Every Tuesday****OHPS Original Old****Town Guided Walks**

Fishermen's Museum, Rock-

a-Nore Rd, Hastings

2.30pm (until 26 Sept)

£6. Prebook online or at

Fishermen's Museum

ohps.org.uk/walks**5Rhythms**

10.00am-11.30am

The Crown House,

Marina, St Leonards

5Rhythms is a dynamic

movement practice that

ignites creativity, connection

and community. Come and

dance with Emma Leech.

emmadance.co.uk**Every Tuesday, Friday, and Saturday****The Hastings Library of Things**

Tuesday 12.00pm-2.00pm, Friday

and Saturday 12.00pm-4.00pm

The Common Room, 27-

29 Cambridge Rd

A library of things to be

borrowed, used and returned.

Tools, kitchen items, jigsaw

puzzles and lots more.

hastingslibraryofthings.co.uk**Every Wednesday****Let's Do Lunch**

12.30pm-2.00pm

Isabel Blackman Centre,

Winding St, Hastings

Make new friends and

reconnect with old ones over

a lovely and affordable 2

course lunch for under £10.

Every Friday**Nature Babies, Wellbeing Walks,****Talks, Classes and lots more**

Rye Harbour Nature Reserve

Dates and times vary – see

website for details.

Explore and learn in the natural

environment at Rye Harbour

Nature reserve. Fantastic

tours, events and classes on

offer for adults and children.

[rye.sussexwildlifetrust.org.](http://rye.sussexwildlifetrust.org.uk/discovery-centre/events)uk/discovery-centre/events**Fixing Friday**

12.00pm-4.00pm

The Common Room, 27-29

Cambridge Rd

Bring your small items for repair.

If in doubt, bring it along!

[makeandmendbexhillandbeyond.](http://makeandmendbexhillandbeyond.org.uk)org.uk**Every Sunday****Kids Art Club**

10am-12pm, £5, Drop-in

or stay full 2 hours

Outside the Smokeshack,

At Andrew's Mews,

Waldegrave Rd, Hastings

c.hwatts.art@gmail.com[Instagram @charlottechw_art](https://www.instagram.com/charlottechw_art)**Saturday 29 July/12 August****And every other Saturday****Flight Feathers Poetry Slam**

7.00pm-10.00pm

The Nest, High St, Hastings

Join us as we bring together

experienced poets and budding

talents to help develop their

creative wings. Hosted by

the amazing local performer

Lucas The Peaceful Poet.

eventbrite.co.uk**Saturday 29 July****Station Open Day**

HM Coastguard, The

Stade, Hastings

Meet your local Coastguard

Rescue Team. Learn

about they do.

Fun Dog Show

Pett Village Hall, Pett

Village, 2.00pm

(Part of Pett Flower

Show and Fayre)

southcoastdt@gmail.com**The Feldenkrais****Method Workshop**

2.30-4.30pm, £3

Arthur Easton Centre, St Michael's

Hospice, Maze Hill TN38 0LB

07817 144812:

bodymoveshastings.com**Saturday to Monday 29-31 July****Stade Fishing Quarter Walks**

Fishermen's Museum, Rock-

a-Nore Rd, Hastings

11.00am from museum

£4. Prebook online or at

Fishermen's Museum

ohps.org.uk/walks**Sunday July 30****Bottomless Drag Brunch**

PG Productions & Cumbia Kitchen

44, Marina, St Leonards

Doors open 10.30am

Enjoy incredible brunch

menu & fantastic cocktails

with Paris Grande

**Crossword Solution No 231:****Across:** 1. One-off 3. ArcTic 4. Deters (anagram) **Down:** 1. (w)On war d(ue) 2. Forces

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LISTINGS

Darragh Dance

5.30pm-7.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Get your joy on with movement
director and choreographer
Darragh O'Leary.

*afri-co-lab.org***Silver Swans Beginners****Ballet Class**

11.15am-12.15pm
Isabel Blackman Centre
Annie 07704 711772

Silver Swans Ballet Class

4.00pm-5.30pm and
6.30pm-8.00pm
Ore Community Centre, Studio 2
Annie 07704 711772

Art Class for Adults

10am-12.15pm & 12.45-3.00pm
Ore Community Centre
All levels, £10.50 per session
sjflack.art

Choir Practice!

11.00am
The Chapel of Christ
Stillness, Moon Cottage,
Guestling, TN35 4HJ
New singers of all ages welcome.
thechapelofchristsstillness.co.uk

Feel better with**Therapeutic Movements**

2.00pm-3.00pm
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
qigongsigrid@gmail.com

Candlelit Yoga

Hastings Old Town
oldtownyoga.co.uk

Absolute Beginners**Argentine Tango**

7.00pm-8.30pm
Upstairs at the Piper,
1 Norman Rd
£40pp or £70 couple
pennythepoetess@yahoo.co.uk

Argentine Tango Improvers**Drop-In Class**

8.30pm-9.30pm, £6
Upstairs at the Piper,
1 Norman Rd
pennythepoetess@yahoo.co.uk

Beginners Vinyasa Flow

9.30am and 6.30pm
Hot Yoga Hastings,
21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Slow Flow Yoga (Open Level)

9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Silver Swans Ballet Class

4.00pm-5.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Beginners Pointe Class

5.30pm-6.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Alexander Technique**Taster Sessions**

1.30pm-5.00pm

Braybrooke Rd
livingtenderly@yahoo.co.uk

Kundalini Yoga & Meditation with Yeli

7.30pm-9.00pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Ballet Barre

7.15pm-8.00pm.
Hastings Old Town
oldtownyoga.co.uk

Yoga Over 60 – maintaining movement

11am-12.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio

Hastings Punk Choir

7.00pm-8.30pm
Electric Palace, 39A
High St, Hastings
(And generally a drink or two
in the Jenny Lind afterwards.)

Tuesdays**Slow and Easy Fitness**

9.45-10.45am, £3
Ore Community Centre, 455
Old London Rd TN35 5BH
Exercise for older adults
07817 144812:

*bodymoveshastings.com***The Crown Knitters**

10.30am
The Crown, 64-66 All
Saints St, Hastings
Fortnightly first and
second week of month
A weekly knitting group who
knit lovely things to sell to raise
money for local charities.
thecrownhastings.co.uk/events

Sew Social with Karen Arthur

7.00pm-9.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards

A monthly gathering on first
Tuesday of the month for
Global Majority crafters.
afri-co-lab.org

Baby & Toddler Social Meet Up

12.00pm-3.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
A welcome space for people
with small people to meet.
umbrellasussex.org.uk/news

Needle Felt

11.00am-12.00pm and
1.00pm-2.00pm
Isabel Blackman Centre
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Online Chair Yoga

Zoom, 2.00pm-3.00pm
sueyoga1066@gmail.com

Creative Writing at The Crown

10.00am-11.30am
The Crown, Hastings, £8
£15 – lots more classes
available for all levels

Nicky 07938 734871

Life Drawing

10.00am-12.00pm
Art in the Park, Alexandra Park.
£15 (concessions available)
info@artsonprescription.org

Classical Guitar Tuition

Tuesdays, Wednesdays, Fridays
Bexhill, from £15, free
taster sessions
bexhillclassicalguitar.co.uk

Pilates with Lucy Paffard

St Leonards, 9.30am
lucypaffard@gmail.com

Painting Workshop

1.00pm-3.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Materials provided.
Info@artsonprescription.org

Photography Workshop

6.00pm-8.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Own camera required.

*Info@artsonprescription.org***Country Dancing**

7.45pm-9.45pm
St Matthew's Church,
London Rd, St Leonards
hastingscountrydanceclub.org.uk

Vinyasa Flow (Levels 1-2)

6.00pm-7.00pm
Horntye Sports Centre, Hastings
karen@yoga-by-the-sea.co.uk

Knitting Yarns:

5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397794879

Yin Yoga & Relaxation

7.30pm-8.30pm, £7
Azur Marina
karen@yoga-by-the-sea.co.uk

Daoist Qi Gong

9.00am-10.00am
The Azur Pavilion, St Leonards
andreacorsoQG@yahoo.com

Pilates: with a roller

with Sally Paffard
9.00am-9.30am, Zoom
sallypaffard@gmail.com

Pilates with Sally Paffard

5.30pm-6.30pm
Small class
Westhill Community Centre
Sally: 07973 530911

Hot Yoga Hastings

21 St Peter's Rd, Hastings
hotyogahastings.co.uk
11.00am-12.00pm

Yoga at the White Rock

White Rock Hotel, Hastings
Healing Breath, Yoga Nidra
& Tibetan Bowls, £10.
myranicol@gmail.com

Silver Swans Ballet Class

6.30pm-8.00pm
Ore Community Centre, Studio 2
Annie 07704 711772

Gary Marriott's Tune up Tuesdays

5.15pm-6.30pm
Fun Acapella Choir

Hastings Town Centre, £3

*Text 07986911083 for more info***Ashtanga Yoga - Assisted Self Practice**

07.30am-09.30am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com
Salsa Tuesdays with Phyre Dance
The Piper, Norman
Rd, St Leonards
Times vary see Facebook page.
From beginners to social
dancing and practice.
*@facebook.com/
events/576448847887517*

Wednesdays**Hatha Yoga for You**

2.00pm-3.00pm
Sunroom, Azur, Marina Pavilion,
44-37 Marina, St Leonards
Louise@stleonards.studio

Mystical Yoga at The**Bale House**

5.45-7.00pm, £10
Hastings Country Park, Lower
Coastguard Lane, Fairlight,
Hastings, TN354AD
enchantedmalas@gmail.com

Elemental Yoga with Catherine

10.30am. Class Cost: £7
The Azur Pavilion
catherineburnett12@gmail.com

Laughter Yoga with Bev

6.30pm-7.30pm
Upstairs, Jenny Lind
*bevjones@laughyourself
tohealth.com*

Wellbeing Wednesday

11.00am-2.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org

Buddhist Meditation and**Dharma Teaching**

7.00pm-9.00pm
In person and via Zoom.
hastingsbuddhistgroup.co.uk

Yoga on the Harbour Arm

(outdoors) 5.30pm-6.30pm
oldtownyoga.co.uk

Kundalini Yoga and**Meditation Class**

7.30pm-8.45pm
The Ballroom, Bank Hotel &
Bistro, St Leonards, £10.
soulpowerkundaliniyoga.co.uk
Relaxation: Zoom class with
Pilates teacher Sally Paffard
8.00pm-9.00pm, £4
sallypaffard@gmail.com

Spanish – Adult Beginners

10.00am-12.00pm
First Floor, 7 Cambridge
Rd, Hastings
£15 – lots more classes
available for all levels
Espanoles en Hastings FB page
spanishonseaschool@gmail.com
Argentine Tango Social Dance
8.00pm-11.00pm
White Rock Hotel,
Downstairs Bar

A friendly social tango for those
already dancing tango with
music from tango's golden age.
£5 dancers, £2 non-dancers

pennythepoetess@yahoo.co.uk

Qigong with Sigrid

5.30-6.30pm
Community Hall of Greek
Orthodox Church, St Leonards
Suitable for all ages.

*Sigrid: qigongsigrid@gmail.com***Adult Tap Class for Beginners**

6.15pm-7.00pm
7 Mercatoria, St Leonards
kimhaviand@gmail.com

Therapeutic Yoga

12.30pm-1.30pm
Hastings Centre, The Ridge,
Hastings TN34 2SA

*£7 – All abilities welcome**ninayoga.co.uk***Legs Bums & Tums**

1.00pm-2.00pm
Isabel Blackman Centre,
Winding St.

One of several classes
covering all topics.

isabelblackmancentre.co.uk

The Class Choir

7.00pm-9.00pm
The Unitarian Church,
South Terrace, Hastings
Friendly, Fun Uplifting
Women's choir

Free taster sessions, no music
reading or auditions.

*theclasschoir@gmail.com***Sketchers / "plein air" group**

First Wednesday of each month
9.00am start: Outside Hastings
Contemporary Gallery
11.00am reconvene: Eat@
TheStade for refreshments
and discussion
meetup.com/south-coast-skyers

Thursdays**Co-working social media Sessions**

10am
The Crown, 64-66 All
Saints St, Hastings
Free group working sessions for
creative business owners and
freelancers designed to help you
spend focused, productive time
creating and sharing content.
thecrownhastings.co.uk/events

Tai Chi for Health

and Relaxation
10.30am-11.30am, £5
St John's Parish Hall, Brittany Rd
Stuart 07961 949715

Nature Walks with HESNHS

Times and venues vary.
hastingsnaturalhistory.org

Meditation and Breathwork

with Jung-ui
7.30pm-8.30pm, £55
West Hill Community Centre
A four-week course.
jung-ui.co.uk

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LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

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Teens Art Club

4.00pm-6.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org
Hastings Town Singers
7.00pm-9.00pm
Castledown School, Priory Rd
A friendly non-auditioning
community choir.
Free taster sessions.
hastingsownsingers.co.uk

Adult Art Club

1.00pm-3.00pm
Art in the Park, Alexandra Park,
£12 (concessions available).
info@artsonprescription.org
Yoga at Hastings
Contemporary
9.50am-10.50am
oldtownyoga.co.uk
Move It or Lose It!
10.00am-11.00am
The Hastings Centre
Friendly, low impact exercise for
older adults. Improves strength
and balance. Seated or standing.
£6 per class. First class free.
lucyjenner@moveitorloseit.co.uk

Yoga on the Harbour Arm

5.15pm-6.15pm
(outdoors)
oldtownyoga.co.uk
Online Vinyasa Flow
with Elena Voce
12.45pm-1.30pm
Classes for all levels.
Pay-what-you-can
yogawithelenavoce.co.uk

Vinyasa Flow

9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Kundalini Yoga & Meditation with Yeli

6.00pm-7.30pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Mandala Vinyasa Flow (Advanced)

Hot Yoga Hastings,
21 St Peter's Rd, Hastings, 6.30pm
hotyogahastings.co.uk

Iyengar Yoga for Beginners

8.00pm-9.00pm
Arthur Easton Centre,
St Leonards
Mats, blocks, ropes and barre
work. Pay as you are able.
myranicol@gmail.com

Novice Line Dance Class

2.00pm-3.00pm
Church of St John the
Evangelist, Pevensey Rd
patdayinuk@gmail.com

Pilates (beginners)

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Ashtanga Yoga – Assisted Self Practice

07.15am-09.15am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com
HESNHS Walking Group
Walk 4-6 miles with this friendly
natural history walking group.
Picnic or pub lunch options.
hastingsnaturalhistory.org
Andrew: ajw.hesnhs@btinternet.com, 07597 003407

Fridays

Funky Friday 5 Rhythms

7.30pm
Christ Church, St Leonards
Feel better with Therapeutic
Movements
9.30-10.30am
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
Sigrid.qigongsigrid@gmail.com

Elements Yoga, Wash

Away The Week
5.30-6.30pm, £6.50
Arthur Easton Centre at
St Michael's Hospice
hello.elementsyoga@gmail.com

Breathe + Stretch with

Karen Arthur

7.30am-8.20am, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Greet the day and start
the weekend energised
and refreshed.
afri-co-lab.org

Traditional Yoga

Hornbye Club Room,
Hornbye Sports Centre
9.30am-10.40am, £10
For the yoga enthusiast
Yin Yoga
11.30pm-12.30pm, £7
All abilities.
ninayoga.co.uk

Yoga on the Harbour Arm

(outdoors), 9.00am-10.00am
oldtownyoga.co.uk

Pilates: mixed ability with Sally Paffard

Zoom, 9.00am-10.00am
sallypaffard@gmail.com
Beginners Creative Writing Group
6.15pm-7.15pm
The Clifton Centre (previously
Southwater Community Centre)

Mindful Yoga – An introspective practice

10.30am-12.30pm
Chair Yoga – A supported approach
2.30pm-3.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio

Gong Bath sessions

11am
Unitarian Church, 7a

South Terrace

Text Karen Hayler: 07986 911083

Senior Strength

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Saturdays

Chess Club

2.00pm-4.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
An amateur club for
amateur players
umbrellasussex.org.uk/news

Zoom Hatha Yoga

9.00am-10.00am (online only)
Pranayama, practice and
relaxation, video available.
Louiselovesyoga@gmail.com

Meditation and Breathwork with Jung-ui

10.45am-11.45am
The Stables Theatre, Hastings
jung-ui.co.uk

Yoga at Hastings

Contemporary

9.50am-10.50am
oldtownyoga.co.uk
Strong Yoga with Lucy
Morning Yoga via Zoom
10.00am-11.15am
lamiles@hotmail.co.uk

Hot Yoga Hastings,

21 St Peter's Rd, Hastings
Book: hotyogahastings.co.uk

Gong Bath sessions

Weekly starting 1 April, 2pm
4 Courts Wellbeing Centre
off Sydney Close
Text Karen Hayler: 07986 911083

Antenatal Taster Class

10.00am
64-66 All Saints St, Hastings
First Saturday every month.
Free taster sessions to
learn about antenatal and
hypnobirthing with Siobhan
from The Mothership Antenatal.
themothershipantenatal.co.uk

Sundays

Yin Yoga

21 St Peter's Rd, Hastings.
3.00pm
hotyogahastings.co.uk

Historical Dance Group

Regency Dance Workshop
2pm-4.45pm, monthly
St Peter and St Paul's Church Hall
dianadancer@btinternet.com
"Stsketchers" /
"plein air" group
First Wednesday of each month
4.00pm start: South side,
The Stade open space
6.00pm reconvene: East Hastings
Angling Club, The Stade for
refreshments and discussion
meetup.com/south-coast-skyers

COMING SOON...

WHITE ROCK HASTINGS



WHITE ROCK SUMMER YOUTH PROJECT PRESENTS
THU 10 - SAT 12 AUG
TICKETS £15. CONCESSIONS £12. FAMILY TICKET £48
By L. Frank Baum
With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Directed by Larry Wilcox
Based upon the Classic Musical Adapted by Tamar Entertainment Co.
and distributed in its music by Warner Bros.
Adapted by John Kane for the Royal Shakespeare Company



SUN 13 AUGUST
IRELAND THE SHOW
AN IRISH HOOLEY!



SUN 20 & MON 21 AUGUST
SARAH & DUCK'S BIG TOP BIRTHDAY



THU 24 AUGUST
JOE PASQUALE
40 YEARS OF CACK



FRI 25 AUGUST
BARRY STEELE AND FRIENDS
THE ROY ORBISON STORY



MON 28 AUGUST
HORRIBLE HISTORIES
BARMY BRITAIN