

Friday 17 January 2024 to Thursday 30 January 2025

Your Pull-Out Guide
to What's Happening
in Hastings

The HIP List

sponsored by



Hastings
Independent

The HIP List

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KILEY'S KARPETS

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MUSIC

Friday 17 January
Queens of The Decks: Women's Voice Fundraiser
7.30pm - The Printworks, 14 Claremont
Tickets £5 and up - proceeds towards International Women's Day.
The Absolute Stone Roses
8.00pm - The Piper, 1 Norman Rd
Roger Hubbard Band
8.30pm - The Jenny Lind Inn, 69 High St
Blues slide band
Rob Leake, Andy Williams, Terry Pack
8.30pm - Barnaby's Lounge, 46 Robertson St
Sax/guitar/double bass Jazz trio

Saturday 18 January
Simon & the Pope
2.30pm - Tough Love St
Leonards, 73 Bohemia Rd
Punk, funk & Drum & Bass
Stuart Bligh
4.00pm - Barnaby's Lounge, 46 Robertson St
Blues/jazz solo acoustic
Dr Savage and the Hot Sauce
6.30pm - The Jenny Lind Inn, 69 High St
Intense blues, jazz and soul
Nine Below Zero + Dr. Feelgood: 'Maximum R&B' Tour
7.30pm - White Rock Theatre, White Rock
Harry Randle-Marsh + Shaun 'The Shred' Linstead
8.00pm - Barnaby's Lounge, 46 Robertson St
Sam Solace
9.30pm - The Forbidden Fruit, 22 Grand Parade
2B40
8.30pm - East Hastings Sea Angling Association and Social Club, The Stade UB40 Tribute

Sunday 19 January
Hot Club of Jevington
1.30pm - Barnaby's Lounge, 46 Robertson St
Django Reinhardt style swing jazz
Don Novak
2.00pm - East Hastings Sea Angling Association and Social Club, The Stade
Solo guitar
Tom Cole Band
4.00pm - The Jenny Lind Inn, 69 High St
Folk, Country, Gospel and Blues
Joel White and Maddie Broad
4.30pm - The Nags Head, 8-9 Gensing Rd
Soul, funk and

acoustic blues
The Fabulous Red Diesel
5.00pm - The Lord Nelson, 1 E Bourne St

Thursday 23 January
Judie Tzukey: Jude The Unsinkable
7.30pm - White Rock Theatre, White Rock

Friday 24 January
Large 90s
7.30pm - The Piper
7 piece band playing 90s dance classics
St Leonards Concerts: Schubertiade
7.30pm - St John's Church-The Evangelist, Brittany Rd
Songs by Schubert, instrumental music from Bach to Berio and beyond
Simon & Garfunkel Through the Years
7.30pm - White Rock Theatre, White Rock
Duke Garwood & Shaolin Caravan
7.30pm - Kino-Teatr, 43-49 Norman Rd
Sazeracs
8.30pm - The Jenny Lind Inn, 69 High St
Funky New Orleans jazz

Saturday 25 January
Carlisle Festival
6.00pm - The Carlisle, 24 Pelham St
Lineup: Word of Nod/ Ditch The Demon/ Strenuous/ First Form/ Gripper Lee/ Quantum Mist
Skydaddy, Borough Council, Tyler Cryde
7.30pm - The Piper, 1 Norman Rd
Lebanese chamber folk, with support from Black Country New Road member. Tickets £8.50
The Vibes
8.30pm - East Hastings Sea Angling Association and Social Club, The Stade
4 piece covers band

Sunday 26 January
Mike Hatchard: A History of Jazz Piano
11.00am - Kino-Teatr, 43-49 Norman Rd
Jazz breakfast with Neil Bullock on drums and Paul Morgan on bass
BASSO
4.00pm - The Jenny Lind Inn, 69 High St
60s Garage, surf, psychedelia

Wednesday 29 January
Matt Gosden
7.30pm - The Piper, 1 Norman Rd
Singer Songwriter. Tickets £5

Thursday 30 January
Vernon Jane, Column258
8.00pm - The Piper,

1 Norman Rd
Dublin experimental rock group, supported by local jazzpunk ensemble. Tickets £7.50
Saied Silbak
8.00pm - White Rock Theatre, White Rock

REPEATING EVENTS

Sundays
BYO Vinyl Night
7.00pm - The Jenny Lind Inn, 69 High St

Mondays
Twitten Revellers Open Session
8.30pm - The Bull Inn
Battle, 27 High St
Monthly open session, every 3rd Monday.

Tuesdays
Sounds at the Hound Open Mic
7.00pm - Cactus Hound Bar, 33-35 Western Rd
Weekly Open Mic Night, hosted by Steve Didge
Albion Skiffle Sessions
8.30pm - Albion Hastings, 33 George St
Every 2nd and 4th Tuesday of the month

Wednesdays
Open Mic
7.00pm - The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge
Cracklin' Griffins
7.00pm - The Seadog, 32 Station Rd
Unplugged folk rock sessions
The Other Band
8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
4th Wednesday a month. Classic Blues, R&B and Americana.

Thursdays
Open Mic Night
7.00pm - The Pig's Palace, 37 White Rock
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast Don Arden
7.00pm - The White Rock Hotel, 1-10 White Rock
Downstairs at the White Rock Hotel. Second Thursday of the month
The Jazz Organisation
8.00pm - NUR Restaurant & Lounge, 13 Robertson St
Shanty Night
8.30pm - The Jenny Lind Inn, 69 High St
Grab a pint, grab a lyrics sheet and join in.

Fridays
McNiff's Folk Sundowner
5.00pm - The Jenny Lind Inn, 69 High St
Weekly acoustic strand with a different guest

featured every Friday
Dine with Music
6.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Full menu plus specials. Guest singers begin from 7.30pm.

PERFORMANCE

Saturdays
The Coffee House Sessions
5.30pm - Hanushka Coffee, Robertson St
Free entry. Jason McNiff and friends present.
Punk Night
8.30pm - The Carlisle, 24 Pelham St
Monthly. check Punk Rock at the Carlisle for updates on bands

Saturday 18 January
De La Roar Comedy Club
7.00pm - De La Warr Pavilion, Marina, Bexhill

Sunday 19 January
Coffee Concert: Eva Doroszkowska (piano) - The Composers of Northern Europe
11.00am - Kino-Teatr, 43-49 Norman Rd
Just For Forever
3.00pm - The Stables Theatre, The Bourne

Wednesday 22 January
An Evening with Chekhov
7.30pm - Electric Palace, 39A High St
The Simply Square Players invite you to join them for An Evening With Chekhov.
Jason Manford
7.30pm - De La Warr Pavilion, Marina, Bexhill

Friday 24 January
A Coldplay Candlelight Experience
7.00pm - HTH Church (Holy Trinity Hastings), Robertson St
St Leonards Concerts presents Schubertiade
7.30pm - St John's Church-The Evangelist, Brittany Rd

Saturday 25 January
Drag Night: Stephanie von Clitz
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 26 January
Hastings Philharmonic Orchestra Recitals
6.00pm - Christ Church St Leonards on Sea, Silchester Rd

Thursday 30 January
Spun Glass Theatre: A

Citizens' Assembly
7.30pm - Stade Hall, The Stade

REPEATING EVENTS

Fridays
Late Night Karaoke
11.00pm - Barnaby's Lounge, 46 Robertson St

CINEMA

Friday 17 January
Queer
7.30pm - Kino-Teatr, 43-49 Norman Rd
Carrie - 4K Restoration
7.30pm - Electric Palace, 39A High St

Saturday 18 January
Saturday Kids' Film Club - Anime and Studio Ghibli Animation
2.00pm - Electric Palace, 39A High St
Queer
3.00pm, 7.30pm - Kino-Teatr, 43-49 Norman Rd

Sunday 19 January
Watership Down
11.30am - Electric Palace, 39A High St
Queer
2.00pm - Kino-Teatr, 43-49 Norman Rd
The Fall of the House of Usher
3.00pm - Electric Palace, 39A High St

Wednesday 22 January
Queer
7.30pm - Kino-Teatr, 43-49 Norman Rd

Thursday 23 January
The Boy and the Heron
11.00am, 7.30pm - Electric Palace, 39A High St
Bird
3.00pm, 7.30pm - Kino-Teatr, 43-49 Norman Rd

Friday 24 January
Head South
7.30pm - Electric Palace, 39A High St

Saturday 25 January
Studio Ghibli Themed Diorama Workshop
2.30pm - Electric Palace, 39A High St
Watership Down
3.00pm - Electric Palace, 39A High St
The Boy and the Heron + Japanese Food Pop Up
7.30pm - Electric Palace, 39A High St
An acclaimed Studio Ghibli hand-drawn masterpiece following the epic journey of young Mahito to

uncover some truths.

Sunday 26 January
Snow Leopard
11.30am - Electric Palace, 39A High St
The Prime of Miss Jean Brodie
3.00pm - Electric Palace, 39A High St
B Movie Fan Club - Beginning of the End
7.30pm - Electric Palace, 39A High St

Thursday 30 January
The Substance
11.00am, 7.30pm - Electric Palace, 39A High St

REPEATING EVENTS

Mondays
Movie Mondays - Small Things Like These
7.30pm - The Forbidden Fruit, 22 Grand Parade
Contact venue for film details

ART

Baby It's Cold outside
Until mid January
Baker Mamonova Gallery, Kino Teatr, Norman Rd
Back to the 80s (In Association with Rock Archive)
Until 16 March
Lucy Bell Gallery, Norman Rd
Callum Hill - E Minor
Until 19 January
De La Warr Pavilion, Bexhill
Immortal Apples, Eternal Eggs
Until 16 March
Hastings Contemporary, The Stade
Mason Collective - Meaning in Moments
Until 31 January
The Crown, All Saints St
Mike Silva
Until 19 January
De La Warr Pavilion, Bexhill
Stories from Deep Time
Until 27 April
Hastings Museum and Art Gallery
Tschabalala Self: Seated
Until 1 June 2025
De La Warr Pavilion (Lawn), Bexhill
Transmissions - or the Psychoshadowery of John Logie Baird
Until 23 March
Hastings Museum and Art Gallery
Verity Coward - Harangled
Until 15 February
Flatland Projects, Unit 22 Beeching Rd, Bexhill

SPORT

Saturday 18 January
Tennis: The Green Ladies v Preston Park II - Sussex Winter Doubles Div 4
The Green Lawn Tennis Club, 68-70 Tower Rd W
Hockey: South Saxons Men 2 v South Saxons Men - South East League Div 1 Martlets
1.30pm - Horntye Park
Rugby: Hastings & Bexhill v Sittingbourne - Kent 3 League
2.00pm - Hastings & Bexhill Rugby Club
Football: Hastings United v Cray Wanderers - Isthmian Premier League
3.00pm - The Pilot Field United Football Club, Elphinstone Rd

Sunday 19 January
Football: Hastings United Women v Soccer Elite Football Academy - London & South East Regional League
2.00pm - The Pilot Field United Football Club, Elphinstone Rd

Saturday 25 January
Hockey: South Saxons Men 2 v Middleton - South East League Div 1 Martlets
1.30pm - Horntye Park

Sunday 26 January
Football: Hastings United Women v Steyning Town Community - London & South East Regional League
2.00pm - The Pilot Field United Football Club, Elphinstone Rd

ACTIVE SPORT

Sundays
Table Tennis
10.00am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
Indoor Bowls
10.00am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
Free Tennis session in the park
10.00am - Alexandra Park Tennis Courts
To book: clubspark.lta.org.uk / breakpointtennisalexandrapark/freeparks

Mondays
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
Adult class £5.60, hosted

by Cathy Bargh Booking freedom-leisure.co.uk
Walking Football
1.30pm - Summerfields Leisure Centre, Bohemia Rd
Voluntary donation £3 To book: eequ.org/experience/9252
Disability Cricket with Sussex Cricket
5.00pm - Horntye Park Sports Complex, Bohemia Rd, St Leonards on Sea sussexcricket.co.uk/super-1s-hub
Rugby: Hastings & Bexhill v Sittingbourne - Kent 3 League
2.00pm - Hastings & Bexhill Rugby Club
Football: Hastings United v Cray Wanderers - Isthmian Premier League
3.00pm - The Pilot Field United Football Club, Elphinstone Rd

Tuesdays
Hastings Active Fit
11.00am - Contact weststleonardsca@gmail.com for details.
Badminton
6.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 or £4.70 with a Leisure Pass. Booking: 01424 457691

Judo with Hollington Judo Club
6.15pm - Hollington Community Centre, 1 Wishing Tree Rd N
£3.50 from reception to year 6. Contact Neil Chalcraft 07858 412184
Judo with Hollington Judo Club
7.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
For children in years 7-11 contact Neil Chalcraft 07858 412184
Hastings Women's Indoor Rounders
7.30pm - The St Leonards Academy, Edinburgh Rd
info: hastingsrounders@gmail.com. In the Sports Hall. Booking: eequ.org/experience/4956
Judo with Hollington Judo Club
8.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
£5 Adults. Contact Neil Chalcraft
Hastings YMCA

Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd
£4 to members or £5 for more info visit hastingsymcabadmintonclub.co.uk

Wednesdays
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-leisure.co.uk
LTA Walking Tennis
11.00am - Alexandra Park Tennis Courts
£3 per session. Older people with long term health conditions. Tennis at your pace! Book: clubspark.lta.org.uk
Pickleball
3.00pm - Summerfields Leisure Centre, Bohemia Rd
£3 for all ages and abilities. Booking freedom-leisure.co.uk

Bexhill Mixed Indoor Rounders
7.00pm - Bexhill College Sports Centre, Penland Rd, Bexhill Hastings Rounders.
Enquire for fees/free games and bookings: hastingsrounders@gmail.com
Badminton
7.00pm - Summerfields Leisure Centre, Bohemia Rd
Adults £5.60 Booking freedom-leisure.co.uk
Hastings Pirates Baseball Club
7.00pm - Claremont Preparatory School, Ebdens Hill, Westfield
Free for your first session (£6 per session after that) hastingsbaseball.co.uk
Men's Fitness: Strength and Conditioning
8.00pm - Broomgrove Community Centre, 85 Chiltern Dr
Broomgrove residents or £3 To book: eequ.org/experience/7974
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd
Welcomes players of all ages and abilities £5 Register

Thursdays
Hastings Active Fit
10.30am - Contact weststleonardsca@gmail.com for details.
Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
Short Mat Bowling
2.00pm - West Hill Community

Centre, Croft Rd
£3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners.
Heart and Sole Runners
7.00pm - Grosvenor Gardens
Hastings Mixed Indoor Rounders
7.00pm - Horntye Park Sports Complex, Bohemia Rd, St Leonards on Sea
info: hastingsrounders@gmail.com. In the Sports Hall downstairs. Booking: eequ.org/experience/6227
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-leisure.co.uk

Fridays
Adults Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60 Details and booking: freedom-leisure.co.uk
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
Find out more: isabelblackmancentre.co.uk or visit the centre
Hastings YMCA Badminton Club
7.45pm - The Y Centre, 26 St Paul's Rd
Adults, young people, beginners welcome £5 to non-members. Must have attended Tuesday class.
More info: hastingsymcabadmintonclub.co.uk

EVENTS & ACTIVITIES

Friday 17 January
Over 60s Danceaway
12.00pm - Observer Building, 53 Cambridge Rd

Sunday 19 January
Winter Sea Swim Fundraiser
10.00am - Cancer survivor and charity volunteer Cathy Cobly will be raising money for the Sara Lee Trust. Other swimmers welcome. See Cathy's Chilly Challenge on JustGiving.

Tuesday 21 January
The Midlife Collective
7.00pm - Barnaby's Lounge, 46 Robertson St
£10.50 book on makingyourway.co.uk

Friday 24 January

Off-Grid Solar Workshop
6.00pm - Central Hall, 6, Bank Buildings, Station Rd
Free - register on Eventbrite:
A Coldplay Candlelight Experience
7.00pm - HTH Church (Holy Trinity Hastings), Robertson St

Saturday 25 January
Games Fest
11.00am - White Rock Theatre, White Rock

Sunday 26 January
Games Fest
11.00am - White Rock Theatre, White Rock

Monday 27 January
The Goodness Collective at the Crown
10.30am - The Crown, 64-66 All Saints' St
Free! makingyourway.co.uk

REPEATING EVENTS

Sundays
Hastings Beach Meditation
9.00am - Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade
40mins quiet meditation on beach opposite. Check Hastings Beach Meditation on Facebook.
Pokemon League
1.00pm - Table Flip, 201 Queens Rd
Play packs for entry and prizes to be given.

Mondays
Writing Hour
7.30am - 7 Trinity St
Writers can come together to write at the workshops hastingswritersworkshop.com
Dementia Carer Support Group (carers only)
10.00am - Robsack Centre, Bodiam Dr
Come for a chat and support, refreshments incl. Donations welcome. Every 3rd Monday dementiasupport.org
Volunteering: Hidden Eden Wellbeing Garden
10.15am - 27 Parsons Cl
Craig's Cabin asks for volunteers to turn this green community space into a sensory garden. Each Monday. craigscabin87@hotmail.com
Backgammon Club
6.30pm - The Horse & Groom, 4 Mercatoria
All abilities welcome. Weekly event.
Overeaters Anonymous
7.30pm - Clifton Centre,

1 and 2 Stainsby St
Monday Night Quiz
8.00pm - Stag Inn, 14 All Saints' St
Teams of up to 6, £2 p/p entry fee and prizes for winning and losing teams. Message/call if you'd like a table 01424 438791.

Tuesdays
Make Your Mark
2.30pm - Stade Hall, The Stade
Free creative & messy play for babies, toddlers and their caregivers
Original OHPS Old Town Walks 2024
2.30pm - The West Hill Cafe, Castle Hill Rd
Walking tour of the Old Town. £6. ohps.org.uk/walks
Sew It's Tuesday
7.00pm - 161 Bexhill Rd
Share your crafting sewing, crochet, knitting or anything in-between sewitstuesday@outlook.com
Sound Waves Community Choir
7.30pm - Salvation Army, 26 St Andrew's Square
Free taster session. No auditions. admin@soundwaveschoir.org.uk
Bingo Night
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: 01424 434326.
Ruxley's Crew Morris
8.15pm - West Hill Community Centre, Croft Rd
Morris dancing - with a Hastings pirate twist! Contact: crewruyleys@gmail.com

Wednesdays
Writing Hour
7.30am - 7 Trinity St
Writers can come together to write at the workshops hastingswritersworkshop.com
Dementia Carer Support Group (carers only)
10.00am - Dennis Rankin Room, St Augustines Church
Come for a chat and support, refreshments inc. donations welcome.
Busy Bees Singalong
10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N
Free parent/carers toddler sing-a-long group, families with under 5s. Term time only. For info: ehastingsstleonards@eastussex.gov.uk
Community Open House
11.00am - Afri-Co-Lab, 3, Marine Court
Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! afri-co-lab.org
Dementia Carer Craft



Club (for Carers only)
1.00pm - Robsack Centre, Bodiam Dr
A monthly group for carers to practice their favorite hobby and socialise
Make Your Mark
2.30pm - Stade Hall, The Stade
Free creative & messy play for babies, toddlers and their caregivers
BASH Networking Event
6.00pm - Barnaby's Lounge, 46 Robertson St
For local business-es. £7.50 ticket pp
All Sorts Auction
6.30pm -
Auction items accepted from 9am-1pm. Contact weststleonardsca@gmail.com to confirm.
Bar open until late.
The Class Choir
7.00pm - The Unitarian Church
Friendly, fun, uplifting Women's choir. Free taster sessions, no music reading or auditions. theclasschoir@gmail.com
Men's Walk and Talk
7.00pm - Azur, Marina Pavillion, 44-37 Marina
Meet at Azur for a lei-surely walk along the sea front with time to chat. For info or to book: hannahrichards@mindcharity.co.uk or 07510927978.
Hastings & St Leonards Women's Circle
7.00pm - Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, St Helen's Park Rd
Weekly event. Donation only. For self-identifying women. rootsofreturn.org

Thursdays
Hastings Tech Forum
9.00am - Observer Building, 53 Cambridge Rd
Monthly meetup for local tech professionals.
Free energy advice community drop-in
10.00am - Hastings Community Info Hub, Queens Rd
Cozy Crypt
10.00am - London Road, London Rd
Christ Church, weekly event. We offer a chat, warm space and a cuppa, cakes and biscuits. Everyone is welcome.
Bingo
2.00pm -
Contact weststleonardsca@gmail.com for details.
Make Your Mark
2.30pm - Stade Hall, The Stade
Free creative & messy play for babies, toddlers and their caregivers
The Barbarian

Wolf Chess Club
5.15pm - The Horse & Groom, 4 Mercatoria
Weekly chess.
Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hastingtonsingers.co.uk
Mixed Darts League
7.00pm -
Bar open for the duration. Contact weststleonardsca@gmail.com for details.
War Games
7.00pm -
Bar open for the duration. Contact weststleonardsca@gmail.com for details.
Pub Quiz
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Free entry plus prize money to be won!!
Booking recommended:

Fridays
Writing Hour
7.30am - 7 Trinity St
Writers can come together to write at the workshops hastingswritersworkshop.com
Singing Down Memory Lane
10.30am - StAugustine's Church Hall, Bexhill-on-Sea, St Augustine's Close, Cooden Dr, Bexhill
A free singing group for people living with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. dementiasupport.org
Make Your Mark
2.30pm - Stade Hall, The Stade
Free creative & messy play for babies, toddlers and their caregivers
Broomgrove Youth Club Sessions
4.30pm - Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev 07732 823800

Saturdays
Monthly Fayre
10.00am - Isabel Blackman Centre, Winding St
Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleoschurch.co.uk
Hastings Library of Things
10.00am - Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. Find out more:

umbrellasussex.org.uk.
Thai food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd
Gravity & Grace
2.30pm - Clifton Centre, 1 and 2 Stainsby St
Taking care of mind, body & soul with the Alexander Technique. Introductory talks/workshops. Booking not required. Suggested donation £5. For further details contact Chris livingtenderly@yahoo.co.uk
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm - Clifton Centre, 1 and 2 Stainsby St
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! Read more at meetup.com.



CLASSES & WORKSHOPS

Friday 17 January
Tiny Voices
9.30am - Stade Hall, The Stade

Saturday 18 January
Menopause Yoga: Dealing with Rage & Irritability
10.00am - The Humble Hub, 4-5 Shepherd St
Karen, Yoga by the Sea £40.00 thehumblehub.co.uk
Dance, Movement, Somatics
2.00pm - The Humble Hub, 4-5 Shepherd St
Vix, Moving and Being, £20 thehumblehub.co.uk
A Mindset Talk
5.30pm - The Humble Hub, 4-5 Shepherd St
Michelle Gilson, £5/£10/£0 thehumblehub.co.uk

Sunday 19 January
Kundalini Goddess Ceremony
10.00am - The Humble Hub, 4-5 Shepherd St
POA thehumblehub.co.uk
Manifest with Akashic LiteWork
1.00pm - The Humble Hub, 4-5 Shepherd St
Sofia Delgado-Gulliver, Kunwento £30.00 thehumblehub.co.uk
Middle Path Movement YTT, meet the teachers!
5.30pm - The Humble Hub, 4-5 Shepherd St
FREE YOGA CLASS with Sam Beagley £0 thehumblehub.co.uk
Women's Shakti Kirtan
7.00pm - The Humble Hub, 4-5 Shepherd St
Seraphina Bianconi, £15.00 thehumblehub.co.uk

Friday 24 January

Tiny Voices
9.30am - Stade Hall, The Stade

REPEATING EVENTS

Sundays
Yoga Flow
9.15am - Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk.
Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
Join Artist and Arts Educator Charlotte CHW for different creative projects every week at the revamped St Andrews Mews. 5-10yrs. £5, drop-in or stay full 2 hours. Contact: c.hwatts.art@gmail.com
Regency Dance Workshop
2.00pm - St Peter & St Paul Church in the Parish of St John the Evangelist, Parkstone Rd
Monthly. Visit Hastings Historical Dance Group on Facebook or contact: di-anadancer@btinternet.com
Yin Yoga
3.00pm - Hot Yoga Hastings, 21 St Peter's Rd
Mindful yoga with mat-based pilates. Find out more: hotyogahastings.co.uk
Relax & Renew, Restorative Yoga
3.00pm - St Leonards Studio, Royal Victoria
Monthly only - contact: karen@yoga-by-the-sea.co.uk
Big Yin Energy Yoga
3.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
A session designed to restore the nervous system. £15. Find out more: madre-sl.com
Dynamic Anatomy Yoga
7.00pm - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online dynamicanatomy.co.uk/yoga
Moon meditation & Soundbath
7.30pm - The Humble Hub, 4-5 Shepherd St
£15 Jo Allen, 4th & 18th August, The Humble Warrior, thehumblehub.co.uk

Mondays
Gentle Flow Yoga
7.45am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£10 twigtea.com
Rise and Vibe Yoga
8.00am - The Humble

Hub, 4-5 Shepherd St
£10 Katie Ingham, thehumblehub.co.uk
Kettlebells
9.15am - Isabel Blackman Centre, Winding St
Full body strength class. Register: isabelblackmancentre.co.uk
Slow Flow Yoga (Open Level)
9.30am - St Leonards Studio, Royal Victoria
Contact: karen@yoga-by-the-sea.co.uk
Pilates
9.30am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, thehumblehub.co.uk
Beginners Vinyasa Flow
9.30am - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk.
Cygnets Swans
9.45am - Isabel Blackman Centre, Winding St
Ballet for beginners. Register: isabelblackmancentre.co.uk
Circuits
10.00am - Isabel Blackman Centre, Winding St
Cardio and weighted exercise. Register: isabelblackmancentre.co.uk
Art Classes for Adults
10.00am - St John's Church, Pevensey Rd
All levels. £23 per session or cheaper for block/term. Website: sjflack.art
Hastings Knitters
10.00am - White Rock Theatre, White Rock
ajwright54@yahoo.com
Tai Chi Beginners
11.00am - The Humble Hub, 4-5 Shepherd St
£10 Andy Cullen, thehumblehub.co.uk
Yoga Over 60 – maintaining movement
11.00am - St Leonards Studio, Royal Victoria
Contact: zowie@stleonards.studio
Choir Practice!
11.00am - The Chapel of Christ's Stillness, Moon Cottage
New singers of all ages welcome. thechapelofchristsstillness.co.uk
Silver Swans Ballet
11.00am - Isabel Blackman Centre, Winding St
No experience required. Register: isabelblackmancentre.co.uk
Cancer Rehab
1.00pm - Isabel Blackman Centre, Winding St
Visit: isabelblackmancentre.co.uk
Inclusive Dance for Adults with Complex Needs
1.45pm - The Hastings Centre, The Ridge
£5 Register [\[ings@gmail.com\]\(mailto:ings@gmail.com\)
Monday Meditation Circle
2.00pm - The Humble Hub, 4-5 Shepherd St
Lee Ring \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
LGBTQ+ social meet
2.15pm - Isabel Blackman Centre, Winding St
Register and find out more: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Chair Yoga
3.00pm - Isabel Blackman Centre, Winding St
Register: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Origami
3.00pm - Isabel Blackman Centre, Winding St
Silver Swans Ballet Class
4.00pm - Ore Community Centre, 455 Old London Rd
Studio 2. Contact: Annie on 07704 711772.
Drum Club
4.15pm - West Hill Community Centre, Croft Rd
£6.50. Booking essential. For 15–16-year-olds. Contact: \[juliansam-badrums@gmail.com\]\(mailto:juliansam-badrums@gmail.com\)
Kids Aerial Hoop
4.30pm - The Humble Hub, 4-5 Shepherd St
£9 Samantha Beagley, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Beginners Pointe Class
5.30pm - Ore Community Centre, 455 Old London Rd
Studio 2. Contact: Annie 07704 711772.
Multi level Pilates
5.30pm - Isabel Blackman Centre, Winding St
Register: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Darragh Dance
5.30pm - Afri-Co-Lab, 3, Marine Court
£10, £5 concessions. Get your joy on with movement director and choreographer Darragh O'Leary. \[afri-co-lab.org\]\(http://afri-co-lab.org\).
Qigong with Sigrid
5.45pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Contact Sigrid \[qigon-sigrid@gmail.com\]\(mailto:qigon-sigrid@gmail.com\)
Foundations of Yoga with Paula
6.00pm - St Leonards Studio, Royal Victoria
Contact: \[paula@stleonards.studio\]\(mailto:paula@stleonards.studio\)
Dynamic Vinyasa
6.00pm - The Humble Hub, 4-5 Shepherd St
£12 Kirsty T, MADRE SL, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Candlelit Yoga
6.00pm - All Saints Hall, 142 All Saints' St
\[oldtownyoga.co.uk\]\(http://oldtownyoga.co.uk\)
Beginners Vinyasa Flow
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
\[hotyogahastings.co.uk\]\(http://hotyogahastings.co.uk\)
Writing Young](http://dancehast-</p></div><div data-bbox=)

Crossword Solution No 268:

Across: 1. Hearts 3. (i)Taints(o) 4. Roster (anagram)

Down: 1. Hunter 2. Sensor (censor)



Adult Fiction 6.30pm - 7 Trinity St With best-selling YA author Pole dance 6.30pm - Free Bird Fitness, Silchester Rd, <i>freebirdfitness.uk</i> Martial Arts Free Trial Lesson 7.00pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. Find out more at <i>martialartsthastings.com</i> Yoga for Men's Health 7.00pm - Play Sport Fitness Hub £3. Book via: <i>eequ.org/experience/3120</i> Hastings Punk Choir 7.00pm - Electric Palace, 39A High St (And generally a drink or two in the Jenny Lind afterwards) Argentine Tango Absolute Beginners 6-week Course 7.00pm - The Piper, 1 Norman Rd Upstairs, £45 pp or £80 as a couple. Contact Phoebe <i>pennnythepo- etess@yahoo.co.uk</i> Ballet Barre 7.15pm - Hastings Old Town <i>oldtownyoga.co.uk</i> Kundalini Yoga & Meditation with Yeli 7.30pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square <i>yeli@happiness-holistichealth.uk</i> Mixed Ability Pole Class 7.30pm - The Humble Hub, 4-5 Shepherd St £15 ActiveCherry, <i>the-humblehub.co.uk</i> Pole heels choreo 7.45pm - Free Bird Fitness, Silchester Rd, <i>freebirdfitness.uk</i> Aerial Hoop Class 8.30pm - The Humble Hub, 4-5 Shepherd St £15 ActiveCherry, <i>the-humblehub.co.uk</i>	<i>isabelblackmancentre.co.uk</i> Daoist Qi Gong 9.00am - St Leonards Studio, Royal Victoria <i>andreacorsoqg@yahoo.com</i> Pilates: with a roller, with Sally Paffard 9.00am - Via Zoom <i>sallypaffard@gmail.com</i> Pilates with Lucy Paffard 9.30am - <i>lucypaffard@gmail.com</i> YOYO Arts Club 10.00am - Art in the Park, Alexandra Park Beginners French 10.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email Theresa <i>stleonardsartschool@outlook.com</i> Space & Flow Yoga 10.00am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £10 or 5 for £40 5 Rhythms Dance 10.00am - The Humble Hub, 4-5 Shepherd St £15 Emma Leech <i>the-humblehub.co.uk</i> 5 Rhythms Movement Metaphor 10.00am - Crown House, Marina £15 or £12 concession, £10 for beginners <i>info@artsonprescription.org</i> Painting for Pleasure 10.00am - Stade Hall, The Stade 10 week course £100, info <i>sheridanjulieann@gmail.com</i> Creating a healthier you 10.00am - Broomgrove Community Centre, 85 Chiltern Dr Free. Book via: <i>eequ.org/activehastings</i> Developing Your Craft - Writer's Workshop 10.00am - 7 Trinity St For new members of all levels of experience, 10 sessions, reading week 25 <i>febwritersworkshop.com</i> The Crown Knitters 10.30am - The Crown, 64-66 All Saints' St Weekly group who knit lovely things to sell for local charities <i>thecrownhastings.co.uk/events</i> Conversational French 11.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Needle Felt 11.00am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included.	Email Theresa <i>stleonardsartschool@outlook.com</i> Hot Yoga Hastings 11.00am - Hot Yoga Hastings, 21 St Peter's Rd <i>hotyogahastings.co.uk</i> Beginners Line Dance Classes 11.15am - All Saints Hall, 142 All Saints' St Contact Kerris 0748047236 Painting for Pleasure 12.15pm - Stade Hall, The Stade 10 week course £100 or 2 for £180, info <i>sheridanjulieann@gmail.com</i> Shakti Kundalini Yoga 12.30pm - The Humble Hub, 4-5 Shepherd St Joanna Allen, £10 <i>the-humblehub.co.uk</i> Needle Felt 2 1.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Brain Function Fitness 1.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Online Chair Yoga 2.00pm - Via Zoom <i>sueyoga1066@gmail.com</i> Art & Social Club 2.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Hand Embroidery with Lady B Embroidery 2.00pm - 53 London Rd Also Wednesdays 6.30pm-7.30pm Conversational French lessons 2.00pm - Ore Community Library, Old London Rd £7 email: <i>french.tutor.1066@gmail.com</i> The Untamed Body 2.00pm - The Humble Hub, 4-5 Shepherd St Seraphina Bianconi, £15 <i>thehumblehub.co.uk</i> FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade Weight Training Beginners 3.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Ore Youth Club Sessions 4.30pm - Ore Community Centre, 455 Old London Rd Register and find out more: <i>sarah.adams@freshvisions.org.uk</i> Level 2a Class, T'ai Chi Ch'uan : Long Yang Form 4.45pm - The Humble Hub, 4-5 Shepherd St Chris Hamblin, POA <i>thehumblehub.co.uk</i> Knitting Yarns 5.00pm - Sugarpie	Honeybuns, 235 London Rd Contact Rachel: 07397 794879 Traditional Yoga 5.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Gary Marriott's Tune up Tuesdays 5.15pm - Town Centre Text 07986 911083 for info Strength and conditioning 5.30pm - Free Bird Fitness, Silchester Rd, <i>freebirdfitness.uk</i> Pilates with Sally Paffard 5.30pm - West Hill Community Centre, Croft Rd Small class, contact Sally: 07973 530911 Weighted Neuro Gym Session 6.00pm - Elphinstone Road, Elphinstone Rd Play Sport Fitness Hub £3 or pay what you can To book: <i>eequ.org/experience/6816</i> Sunset Flow with Hannah 6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square £9.00 <i>hola@madre-sl.com</i> Comedy Improv Drop In Class 6.00pm - Cake Room, 30 Robertson St £16 Vinyasa Yoga 6.00pm - The Humble Hub, 4-5 Shepherd St £10 Veronica Hare, <i>thehumblehub.co.uk</i> School pole flow 6.30pm - Free Bird Fitness, Silchester Rd, <i>freebirdfitness.uk</i> Silver Swans Ballet Class 6.30pm - Ore Community Centre, 455 Old London Rd Contact Annie: 07704 711772 Vinyasa Flow 6.30pm - Bank House Studio - <i>kar-en@yoga-by-the-sea.co.uk</i> Lino Printing Evening Course 6.30pm - Bus Stop Studios, 53 London Rd <i>busstopstudios.com/classes</i> Belly Dance Class 6.30pm - Stade Hall, The Stade For more info: contact Cate 'Caasi' Brick on Facebook. Developing Your Craft - Writer's Workshop 6.30pm - 7 Trinity St For new members of all levels of experience, 10 sessions, reading week 25 <i>febwritersworkshop.com</i> Dynamic Vin to Yin Yoga 7.30pm - The Humble Hub, 4-5 Shepherd St £12 Tamara Klien, MADRE SL, <i>thehumblehub.co.uk</i> Buddhist Meditation	Class 7.30pm - Saint Nicholas Centre, St Nicholas Centre, London Rd £9/£7 conc. Term time only, <i>Maitreya Buddhist Centre meditateinsussex.org</i> Mixed pole fitness 7.45pm - Free Bird Fitness, Silchester Rd, <i>freebirdfitness.uk</i> Seen on Screen Dance with Rosie 7.45pm - The Y Centre, 26 St Paul's Rd £10 on the door. Visit: <i>sos.dance</i> Country Dancing 7.45pm - Saint Matthews Church Centre, St Matthews Church Centre, London Rd <i>hastingscountry-danceclub.org.uk</i>	Wednesdays Yoga Flow 7.30am - The Humble Hub, 4-5 Shepherd St £10 Rachael, Elevate Yoga, <i>thehumblehub.co.uk</i> Garuda Pilates 9.00am - The Humble Hub, 4-5 Shepherd St £10 Sally Paffard, <i>the-humblehub.co.uk</i> Pump & Tone 9.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Adventures Through Movement and Music (0-2 years) 9.00am - Mini Playhouse, 26 White Rock £4 (after free trial). <i>pitter-patterarts@gmail.com</i> Seated Strength Exercise Class 9.15am - Elphinstone Road, Elphinstone Rd (<i>eequ.org/experience/8223</i>). Yoga & Meditation 9.30am - The Bank Hotel & Bistro, 28-29 Grand Parade Kirsty T Imaginative Ballet (2-4 years) 10.00am - Mini Playhouse, 26 White Rock £4 (after free trial). <i>pitter-patterarts@gmail.com</i> Qigong 10.00am - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Wellbeing Wednesdays 10.00am - Art in the Park, Alexandra Park, Lower Park Rd, St Helen's Park Rd Pay as you can, suggested donation £4. Light refreshments & creative activities with a focus on enhancing your wellbeing. <i>info@artsonprescription.org</i> Crowninos Kids Group 10.00am - The Crown, 64-66 All Saints' St £6 per family unit. Songs, stories and vibes. For 0-4	year-olds and their carers. Spanish – Adult Beginners 10.00am - First floor, 7 Cambridge Rd £15 Classes available for all levels. Contact <i>spanishonseaschool@gmail.com</i> or Españoles en Hastings FB page. Elemental Yoga with Catherine 10.30am - St Leonards Studio, Royal Victoria £7. Contact: <i>catherineburnett12@gmail.com</i> Aerial Yoga 10.30am - The Humble Hub, 4-5 Shepherd St £15 Samantha Jane, <i>thehumblehub.co.uk</i> Musical Drama (2-4 years) 11.00am - Mini Playhouse, 26 White Rock £4 (free trial). <i>pitterpatterarts@gmail.com</i> Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> Art Classes for Adults 11.00am - 12 Maze Hill also 12.00pm £13.50 per person - All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> Parent Toddler Singalong Session 11.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd Free for children under 5 Therapeutic Yoga 12.30pm - The Hastings Centre, The Ridge £7 All abilities welcome. <i>ninayoga.co.uk</i> Let's Do Lunch 12.30pm - Isabel Blackman Centre, Winding St Home-cooked two course menu for under £10. Info: <i>isabelblackmancentre.co.uk</i> Legs Bums & Tums 1.00pm - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Dynamic Breathwork 1.00pm - The Humble Hub, 4-5 Shepherd St £12 Andrew Dunne, <i>thehumblehub.co.uk</i> Qigong Movement Class 1.00pm - Christ Church Blacklands, Laton Rd <i>eequ.org/experience/8796</i> Hatha Yoga for You 2.00pm - St Leonards Studio, Royal Victoria <i>louise@stleonards.studio</i> FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade HIIT cardio 3.00pm - Isabel Blackman Centre, Winding St Register and find out more:
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The HIP List

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KILEY'S KARPETS
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isabelblackmancentre.co.uk
Tai Chi Ch'uan
Introductory Class to the Long Yang Form
3.00pm - The Humble Hub, 4-5 Shepherd St
£0 Christopher Hamblin, *thehumblehub.co.uk*
Art Classes for Kids
4.15pm - 12 Maze Hill
£12 per child - All materials included. Email Theresa *stleonardsartschool@outlook.com*
Star Child Mystery School
4.30pm - The Humble Hub, 4-5 Shepherd St
Natasha Saltzer, £10 *thehumblehub.co.uk*
Mystical Yoga at The Bale House
4.45pm - The Bale House Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight
£10. Contact: *enchant-edmalas@gmail.com*
Qigong with Sigrid
5.30pm - Greek Orthodox Church of Saint Mary Magdalene and Community Hall, St Margarets Rd
Suitable for all ages. Contact: *qigongsigrid@gmail.com* or 07492 209190
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required: *martialartshastings.com*
Beginners Pole
6.00pm - The Humble Hub, 4-5 Shepherd St
£15 drop in Cherry, *thehumblehub.co.uk*
Yoga with Marjolyn
6.00pm - St Leonards Studio, Royal Victoria 07929 577985
Adult Tap Class for Beginners
6.15pm - 7 Mercatoria *kimhaviland@gmail.com*
Laughter Yoga with Bev
6.30pm - The Jenny Lind Inn, 69 High St
Upstairs. Contact: *bevjones@laughyourselftohealth.com*
Pregnancy Yoga & Birth Preparation
6.30pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
For info and booking contact Mae: *mae@maedewsbery.co.uk*
Hand Embroidery with Lady B Embroidery
6.30pm - 53 London Rd
busstopstudios.com/classes
Mixed pole fitness
6.45pm - Free Bird Fitness, Silchester Rd, *freebirdfitness.uk*
Intermediate Pole
7.00pm - The Humble Hub, 4-5 Shepherd St
£15 drop in Cherry,

thehumblehub.co.uk
Zumba
7.00pm - Broomgrove Community Centre, 85 Chiltern Dr
£3 or free for Broomgrove residents. To book: *eequ.org/experience/6591*
Buddhist Meditation and Dharma Teaching
7.00pm -
In person and via Zoom. *tsebg.org/local-groups*
Aoi Bara Meditation
7.30pm - Peachy Self Care Studio
Donation only community meditation class. *aoibarameditation.co.uk*
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. *soulpowerkundaliniyoga.co.uk*
Argentine Tango Social Dance
8.00pm - The White Rock Hotel, 1-10 White Rock
Downstairs bar. £8 for dancers, £3 non-dancers. *pennythepoet-ess@yahoo.co.uk*
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm -
£4. *sallypaffard@gmail.com*
Classique Pole Class
8.00pm - The Humble Hub, 4-5 Shepherd St
FREE drop in Cherry, *thehumblehub.co.uk*

Thursdays
Dynamic Anatomy Yoga
7.00am - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online *dynamicanatomy.co.uk/yoga*
Ashtanga Yoga – Assisted Self Practice
7.15am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. *ashtangayoga-hastings@gmail.com*
Gentle Wake Up Yoga
8.00am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Circuits
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
200 Hr Yoga Teacher Training
9.00am - The Humble Hub, 4-5 Shepherd St
Live Love Yoga, POA *thehumblehub.co.uk*
Vinyasa Flow
9.30am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Yoga at Hastings

Contemporary
9.50am - Hastings Contemporary, Rock-a-Nore Rd
oldtownyoga.co.uk
Move It or Lose It!
10.00am - The Hastings Centre, The Ridge
also 11.15am-12.15pm. £6 per class. First class free. Friendly, low impact exercise for older adults. *lucy.jenner@moveitorloseit.co.uk*
Watercolour Painting
10.00am - Stade Hall, The Stade
£100, contact Julie. booking essential *sheridan-julieann@gmail.com*
Circle Dancing
10.30am - Hastings Unitarian Church, 7A South Terrace
£3. Good for body, mind and spirit.
Healthy Joints
10.30am - Isabel Blackman Centre, Winding St
info@artsonprescription.org
Pilates, Mat Based
11.00am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, *the-humblehub.co.uk*
Boxing for fun
11.45am - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Dynamic Vinyasa
12.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Absolute Beginners Acrylic Painting
12.15pm - Stade Hall, The Stade
£100, contact Julie. booking essential *sheridan-julieann@gmail.com*
Online Vinyasa Flow with Elena Voce
12.45pm -
Classes for all levels. Pay-what-you-can. *yogawithelenavoce.co.uk*
Iyengar Yoga Classes
1.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Beginners welcome. £10 (£5 for people struggling financially). *howdowe-beginagain@gmail.com*
Tai Chi
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Beginners Line Dance Classes
2.00pm - Pebsham Community Hub, 70 Seabourne Rd, Bexhill
Contact Kerris 0748047236
FREE Mark Your Mark Workshop (0-4yrs)
2.30pm - Stade Hall, The Stade
Yoga with Marjolyn
3.00pm - St Leonards

Studio, Royal Victoria
Contact: 07929 577985
Pilates (beginners)
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Kid's Aerial Hammocks (Age 7-13)
4.00pm - The Humble Hub, 4-5 Shepherd St
£9 Samantha Jane Yoga, *thehumblehub.co.uk*
Aerial Slings
5.00pm - The Humble Hub, 4-5 Shepherd St
£12 Samantha Jane, *the-humblehub.co.uk*
Tilekiln Youth Club Sessions
5.30pm - Tilekiln Community Centre
sarah.adams@freshvisions.org.uk. Bev 07732 823800
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happiness-holistichealth.uk
Art Classes for Adults
6.15pm - 12 Maze Hill
also 7.15pm £13.50 per person - All Materials Included. Email Theresa *stleonardsartschool@outlook.com*
Pole heels choreo
6.30pm - Free Bird Fitness, Silchester Rd, *freebirdfitness.uk*
Tantra Yoga
6.30pm - The Humble Hub, 4-5 Shepherd St
£12 Lisa Powell, *the-humblehub.co.uk*
Mandala Vinyasa Flow (Advanced)
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Bus Stop Knit Club - weekly knitting group
6.30pm - Bus Stop Studios, 53 London Rd
busstopstudios.com/classes
Intermediate advanced pole fitness
7.35pm - Free Bird Fitness, Silchester Rd, *freebirdfitness.uk*
Aerial Hoop Class
9.15pm - The Humble Hub, 4-5 Shepherd St
£15 Cherry, *thehumblehub.co.uk*

Fridays
Breathe and Stretch with Karen Arthur
8.00am - Afri-Co-Lab, 3, Marine Court
Start the weekend energised and refreshed. £5 concessions *afri-co-lab.org*
Pilates, Mat based, Intermediate
9.00am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, *the-humblehub.co.uk*
Traditional Yoga
9.00am - Horntye Park

Sports Complex, Bohemia Rd, St Leonards on Sea
Intermediate class
£12 Booking and details *ninayoga.co.uk*
Pilates: mixed ability with Sally Paffard
9.00am -
Zoom class *sallypaffard@gmail.com*
Qigong: Feel better with Therapeutic Movements
9.30am - Salvation Army Hall
Suitable for all ages. More info: *qigongclass.co.uk*
IBC Traditional Yoga
9.30am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Beginners Spanish
10.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Seated Exercise Class
10.15am -
Play Sport Fitness Hub, Elphinstone Road
For those who struggle to exercise while standing. £3.30. Booking is essential *eequ.org/experience/7024*
Classical Yoga
10.30am - The Humble Hub, 4-5 Shepherd St
£10 Kate Shaw, *the-humblehub.co.uk*
Mindful Yoga
10.30am - Royal Victoria Hotel, Marina
zowie@stleonards.studio *stleonards.studio*
Conversational Spanish
11.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Breathe Better
11.00am - Isabel Blackman Centre, Winding St
Fitness class for those with mild COPD and asthma. Register: *isabel-blackmancentre.co.uk*
Art Classes for Adults
11.00am - 12 Maze Hill
£13.50 per person - All Materials Included. Email Theresa *stleonardsartschool@outlook.com*
Yin Yoga
11.30am - Horntye Park Sports Complex, Bohemia Rd, St Leonards on Sea
Floor-based yoga for all abilities. £7 Bookings: *ninayoga.co.uk*
French Language Learners
12.00pm - 10 Claremont
Free lessons, beginners & improvers levels. Tutor George 07835 808318
Slow & Steady Mobility
1.00pm - Isabel Blackman Centre, Winding St
Easy and accessible standing workout. Register at:

isabelblackmancentre.co.uk
Ayu Shakti Yoga
2.00pm - The Humble Hub, 4-5 Shepherd St
Joanna Allen, £10 *the-humblehub.co.uk*
FREE Mark Your Mark Workshop (0-4yrs)
2.30pm - Stade Hall, The Stade
Chair Yoga – A supported approach
2.30pm - St Leonards Studio, Royal Victoria
Supported yoga for those with reduced mobility. £6. Email zowie: *stleonards.studio* or visit *stleonards.studio*.
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Senior Strength
3.00pm - Isabel Blackman Centre, Winding St
Introduction to the gym facilities. Register: *isabel-blackmancentre.co.uk*
Kids Circus
4.15pm - Free Bird Fitness, Silchester Rd, *freebirdfitness.uk*
Beginner aerial skills
5.30pm - Free Bird Fitness, Silchester Rd, *freebirdfitness.uk*
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required: *martialartshastings.com*
Chi Kung/QiGong
6.00pm - Ore Community Centre, 455 Old London Rd
Gentle movements for wellbeing. Donation only. *aoibarameditation.co.uk*
Beginners Creative Writing Group
6.15pm - Clifton Centre, 1 and 2 Stainsby St
Contact: *info@thecliftoncentre.com* for details.
Improvers aerial hoop
6.45pm - Free Bird

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Fitness, Silchester Rd, freebirdfitness.uk Aoi Bara Meditation 7.00pm - Ore Community Centre, 455 Old London Rd An hour of guided meditations. Donation only. aoibarameditation.co.uk Astro Yoga 8.00pm - The Humble Hub, 4-5 Shepherd St Joanna Allen, £10 the-humblehub.co.uk Chanting Choir 8.00pm - Ore Community Centre, 455 Old London Rd Deepening our wellbeing through chants of the world, no singing ability required. Donation only. aoibarameditation.co.uk	Saturdays Zoom Hatha Yoga 9.00am - Online only. Pranayama, practice and relaxation, video available. louiselovesyoga@gmail.com Power Sunrise Flow 9.00am - The Bank Hotel & Bistro, 28-29 Grand Parade With Hannah Almond Barr £9 madre-sl.com Pure stretch 9.15am - Isabel Blackman Centre, Winding St All abilities stretching	class. Register: isabel-blackmancentre.co.uk Aerobic class 9.30am - The Humble Hub, 4-5 Shepherd St Jensy Azucena, £8.00, alternate weeks the-humblehub.co.uk Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email Theresa stleonardsartschool@outlook.com Strong Yoga with Lucy 10.00am - Morning Yoga via Zoom.	lamiles@hotmail.co.uk Morning Flow Yoga 10.00am - Bank House, 144 London Rd Ease into your week-end with some mindful movement and breath-work. More info: yo-ga-by-the-sea.co.uk Martial Arts Free Trial Lesson 10.00am - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. martialartshastings.com Arts & Crafts Social 10.30am - His Place,	Robertson St friday-ad.co.uk/cra.../kid-s-activities/32422887 Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Beginner aerial hoop 10.30am - Free Bird Fitness, Silchester Rd freebirdfitness.uk Intermediate French 11.00am - Isabel Blackman Centre, Winding St Register for class at:	isabelblackmancentre.co.uk Art Classes for Adults 11.15am - 12 Maze Hill also 12.15pm £13.50 per person - All Materials Included. Email Theresa stleonardsartschool@outlook.com Yoga Flow 11.30am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Gong Bath Sessions 2.00pm - 4 Courts Wellbeing Centre, off Sydney Close GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083.
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Sounds of Creativity

Hastings International Piano is launching *Sounds Of Creativity* for 2025: a free workshop series combining live classical piano with guided creative art sessions. The workshops have been designed to harness the therapeutic benefits of music and art and aim to support members of the Hastings community experiencing mental health challenges, social isolation, and a lack of access to cultural activities. Participants will be taken on a creative journey inspired by the piano pieces with opportunities to engage in drawing, painting, and moments of mindful reflection.

The All-Party Parliamentary Group on Arts, Health and Wellbeing Report shows that of people who took part in participatory arts activities, 82% experienced greater wellbeing, and reported increased healthy behaviours. The East Sussex Public Health 2024 paper on Creativity highlights how taking part in the Arts can complement traditional treatments for mental health. Rosa Amor, Learning and Development Coordinator for Hastings International Piano said: "From community feedback I've noticed that, although many love the piano, they are hesitant to attend a

formal classical concert. For some, it feels like a world they don't belong to. I wanted to create an accessible alternative — a relaxed setting with opportunities to respond to the music creatively, helping to deepen their connection with it."

With generous funding from the Foreshore Trust, Hastings International Piano is able to host three of these workshops which are free and open to adults aged 18+, with referrals welcome from GP surgeries and health professionals. Hastings International Piano has also worked closely with local mental health

organisations to curate these sessions, described by participants as a 'healing journey.'

Professional pianist Dida Condria will be providing the music, which will include pieces by Ravel, Debussy and Rachmaninoff. Hastings based artist Sophie Malpas will be facilitating the sessions. Sophie said: "Hastings is a town alive with creativity and a rich history of music and art, and I'm so excited to be part of the Sounds of Creativity project. I believe everyone has the ability to create—it's just about finding joy in the process."

Sounds of Creativity will run on 12 January, 9 February and 2 March from 4-6pm at the White Rock Theatre studio space. Spaces are limited so early registration is recommended. For more information or to book a place contact Rosa Amor at [rosa.amor@hastingsinternationalpiano.org](#). All media enquiries: [Nicky.webb@hastingsinternationalpiano.org](#)



Pianist Dida Condria

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