

Friday 31 January 2024 to Thursday 13 February 2025

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

The HIP List

sponsored by



Terrilea Coglan at her fish shop
'Tel's Place' on the Blue Stade
(Behind the Hasting Contemporary)

Hastings
Independent



MUSIC

Friday 31 January
John Grant
7.00pm–De La Warr Pavilion, Marina
KULK, Black Groove, Believe in Nothing, Wasted Death
7.30pm–The Pig’s Palace, 37 White Rock
Noise rock and brutal riffs. £6 ADV £8 OTD
Roadhouse Unplugged–Country Music Night
7.30pm–Observer Building, 53 Cambridge Rd
Tim Keegan & The Personals + The Aftershave
8.00pm–The Piper, 1 Norman Rd
Former singer of Departure Lounge. Tickets £11

Saturday 1 February
Lost Revellers
4.00pm–Albion Hastings, 33 George St
Viper Time and Moron Butler
6.00pm–The Jenny Lind Inn, 69 High St
Dancefloor jazz punks
International Clash Day
7.00pm–The Pig’s Palace, 37 White Rock
Celebrating the punk band. Tickets at armsaloftinactontown.company.site/
The Brian Jonestown Massacre + Project Gemini
7.00pm–De La Warr Pavilion, Marina
The Blackheart Orchestra
7.30pm–Kino-Teatr, 43-49 Norman Rd
Victoria McDonnell
7.45pm–Albion Hastings, 33 George St
Shingle Steppas
8.30pm–East Hastings Sea Angling Association and Social Club, The Stade
Rock pop and indie covers
Gilles Peterson + Oreglo + DJs SOLD OUT
8.30pm–The Piper, 1 Norman Rd
90% Proof
8.30pm–The Carlisle, 24 Pelham St
Covering Motorhead, AC/DC and more
Giles Peterson Independent Venue Tour
9.00pm–The Piper, 1 Norman Rd
Support from jazz/reggae quartet Oreglo. Tickets £21

Sunday 2 February
Coffee Concert: Hannah Shilvock (bass clarinet) & Viola Lenzi (piano)
11.00am–Kino-Teatr, 43-49 Norman Rd
Gramma Vendetta
2.00pm–The Carlisle, 24

Pelham St
Stoner metal
R.A.G.Z
4.00pm–Americana/Folk/Rock/Country 4 piece
Floral Image, Winter Gardens
7.00pm–The Piper, 1 Norman Rd
Neo-psychedelia. Tickets £11

Thursday 6 February
Lydia Lunch & Marc Hurtado play SUICIDE & Alan Vega
8.00pm–The Piper, 1 Norman Rd
Pioneers of New York industrial music. Tickets £16.50

Friday 7 February
Millie’s Nightclub–Pop-Up Nightclub for adults with Learning Disabilities
7.00pm–White Rock Theatre, White Rock
Boyzlife
7.30pm–White Rock Theatre, White Rock
Bon Enfant + Feed The Beast
8.00pm–The Piper, 1 Norman Rd
Quebecois indie funk group. Tickets £8.50
Velveteen Orchestra
8.30pm–The Jenny Lind Inn, 69 High St
Noir folk rock
The House of House
9.00pm–The Pig’s Palace, 37 White Rock
Free–donations appreciated in aid of Warming up the Homeless

Saturday 8 February
Concert in the Caves
6.00pm–Smugglers Adventure, St Clement’s Caves
Zachary Dogwood
7.00pm–The Jenny Lind Inn, 69 High St
Post-punk pop!
Duran
7.30pm–White Rock Theatre, White Rock

Sunday 9 February
Coffee Concert: Jane Gordon (violin) and Jan Rautio (piano)
11.00am–Kino-Teatr, 43-49 Norman Rd
Rebel Gentlemen
4.00pm–The Jenny Lind Inn, 69 High St
Indie blues rock
Los Twangueros
7.00pm–The Jenny Lind Inn, 69 High St
Balearic guitar bliss
Kiki Dee & Carmelo Luggeri
7.30pm–White Rock Theatre, White Rock
The Priscillas + Blueswan
8.00pm–The Piper,

1 Norman Rd
Monday 10 February
Nick Lowe and Los Straitjackets
7.00pm–De La Warr Pavilion, Marina

Thursday 13 February
Fifth Element–Musical Improv Night Launch
7.00pm–Crown House, Marina
St Leonards Concerts: 5th Element
7.00pm–Crown House, Marina
Launch of a new improv series
Herman’s Hermits–60th Anniversary Tour
7.30pm–White Rock Theatre, White Rock

REPEATING EVENTS

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

Mondays
Just Landed
7.30pm–The Jenny Lind Inn, 69 High St
A monthly residency of alien blues.
Acoustic Revels at the Albert
8.00pm–Prince Albert, The, 28 Cornwallis St
Come and enjoy The Twitten Revellers playing acoustically in this gorgeous pub in Hastings Town. Monthly.
Acoustic Blues Club
8.00pm–The Jenny Lind Inn, 69 High St
ABC welcomes any performers who would like to sing or play a piece. Limited spots so arrive early.

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 Company
8.30pm–Albion Hastings, 33 George St
Open acoustic music session.

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 Kukes
8.00pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
2nd Wednesday of the

month. The Kukes are a ukulele band based in Bexhill on Sea playing an eclectic mix of songs.

Thursdays
Open Mic Night
7.00pm–The Pig’s Palace, 37 White Rock
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast DonArden
7.00pm–The White Rock Hotel, 1-10 White Rock
Downstairs at the White Rock Hotel. Second Thursday of the month
Open Mic
7.45pm–The Nags Head, 8-9 Gensing Rd
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
Custard Caravan
4.00pm–Barnaby’s Lounge, 46 Robertson St
Custard Caravan is a once monthly afternoon of music and mirth hosted by Louise Whitham and Danny Brittain. A “bunk off” Friday variety show with great bands and refreshingly surprising material. It’s almost Impossible to cram more fun into 2 hours!
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.
The Get Down
7.00pm–The White Rock Hotel, 1-10 White Rock
Monthly Funk music event

Saturdays
The Coffee House Sessions
5.30pm–Hanushka Coffee, Robertson St
Free entry. Jason McNiff and friends present.
Aquarius International Club,
8.00pm–The White Rock Hotel, 1-10 White Rock
A raucous 60s & 70s DJ night

PERFORMANCE

Friday 31 January
Hey Good Looking
7.30pm–The Stables

Theatre, The Bourne
Russell Kane: Hyperactive
8.00pm–White Rock Theatre, White Rock
Drag Night: Drag with No Name
9.30pm–The Forbidden Fruit, 22 Grand Parade

Saturday 1 February
Call of the Jaguar–with the Sound Apothecary & Abstract Source
7.00pm–Hastings Museum & Art Gallery, John’s Place, Bohemia Rd
Call of the Jaguar–an immersive sound journey with The Sound Apothecary & Abstract Source.
LOL Comedy Club
8.00pm–White Rock Theatre, White Rock
The Forbidden Fruit Drag Night: Cherry Liquor
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 2 February
Eddie Izzard : The Remix
8.00pm–De La Warr Pavilion, Marina

Monday 3 February
Fanfare! Trumpet Classics
7.30pm–White Rock Theatre, White Rock

Friday 7 February
After Miss Julie
7.30pm–The Stables Theatre, The Bourne

Saturday 8 February
Drag Queen Afternoon Tea
2.00pm–The Forbidden Fruit, 22 Grand Parade
After Miss Julie
7.30pm–The Stables Theatre, The Bourne
The Forbidden Fruit Drag Night: Darcey Knox
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 9 February
After Miss Julie
2.30pm–The Stables Theatre, The Bourne

Monday 10 February
Time to Dance
2.00pm–White Rock Theatre, White Rock

Tuesday 11 February
Time to Dance
6.30pm–White Rock Theatre, White Rock
Coffee Concert: Brahms & Clara Schumann–A Lifelong Friendship
7.00pm–Kino-Teatr, 43-49 Norman Rd

Wednesday 12 February
Time to Dance
6.30pm–White Rock

Theatre, White Rock
Thursday 13 February
Fifth Element–Musical Improv Night Launch
7.00pm–Crown House, Marina
Rebeca Ortega Flamenco Company
7.30pm–Kino-Teatr, 43-49 Norman Rd

REPEATING EVENTS

Tuesdays
After Miss Julie
7.30pm–The Stables Theatre, The Bourne

Wednesdays
After Miss Julie
7.30pm–The Stables Theatre, The Bourne
Poetry, Music and Comedy Night
8.00pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Sensational acts lined up and hosted by the wonderful Tara Valentine, prepare to be entertained.

Thursdays
After Miss Julie
7.30pm–The Stables Theatre, The Bourne

Fridays
Palmerama’s Comedyrama Stand Up Comedy Night
8.00pm–Tin Tins, 21 Robertson St
Late Night Karaoke
11.00pm–Barnaby’s Lounge, 46 Robertson St

CINEMA

Friday 31 January
Pokemon–Detective Pikachu + Anime Drawing Workshop
3.30pm–Electric Palace, 39A High St
The Substance
7.30pm–Electric Palace, 39A High St
Maria
7.30pm–Kino-Teatr, 43-49 Norman Rd

Saturday 1 February
Maria
12.00pm–Kino-Teatr, 43-49 Norman Rd
The Last Days of Disco + Live DJ
7.30pm–Electric Palace, 39A High St

Sunday 2 February
Merchant Ivory
11.00am–Electric Palace, 39A High St
Maria
2.00pm–Kino-Teatr,



Tuesday 4 February
Green Drinks with Transition Town Hastings
6.00pm–34 Charles Rd
A social for green minded people hosted by Transition Towns Hastings. All welcome!

Monday 10 February
The Goodness Collective at the Crown
10.30am–The Crown, 64-66 All Saints’ St
Free! *makingyourway.co.uk*
Old Town Group Walk
2.00pm–The Stade, Rock-a-Nore Rd
Free one-hour health walk

Tuesday 11 February
St Leonard’s Seafront Group Walk
11.00am–Grand Parade
Meeting point: Under clock on promenade

Wednesday 12 February
Alexandra Park Health Walk
10.30am–Alexandra Park, St Helen’s Rd
Meeting point by ranger’s office/ toilets

Thursday 13 February
Church Wood Green Gym
10.00am–Church Wood
Woodland conservation volunteering. Booking required; contact *carrie.edmonds@tcv.org.uk / 07764 655609*

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 *hastings-writersworkshop.com*
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. *craigs-cabin87@hotmail.com*
Backgammon Club
6.30pm–The Horse & Groom, 4 Mercatoria
All abilities welcome.

Weekly event.
Backgammon Club
6.30pm–The Horse & Groom, Horse & Groom, 4 Mercatoria
Pop Quiz
7.30pm–The Piper, 1 Norman Rd
Dave Valentine your Host
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
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*
Make Your Mark
2.30pm–Stade Hall, The Stade
Free creative & messy play for babies, toddlers and their caregivers
Sew It’s Tuesday
7.00pm–161 Bexhill Rd
Share your crafting sewing, crochet, knitting or anything in-between *sewitstuesday@outlook.com*
Bingo Night
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: *01424 434326*.
Sound Waves Community Choir
7.30pm–Salvation Army, 26 St Andrew’s Square
Free taster session. No auditions. *admin@soundwaveschoir.org.uk*
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 *hastings-writersworkshop.com*
Conquest Green Gym
10.00am–Conquest Hospital, The Ridge
Conservation volunteering. Booking required. Contact for more details: *carrie.edmonds@tcv.org.uk / 07764 655609*
Busy Bees Singalong
10.30am–Hollington Youth Hub, 1 Wishing Tree Rd N
Free parent/carer 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*
Make Your Mark
2.30pm–Stade Hall, The Stade
Free creative & messy play for babies, toddlers and their caregivers
All Sorts Auction
6.30pm -
Auction items accepted from 9am-1pm. Contact *weststleonardsca@gmail.com* to confirm. Bar open until late.
Men’s Walk and Talk
7.00pm–Azur, Marina Pavilion, 44-37 Marina
Meet at Azur for a leisurely walk along the seafront with time to chat. For info or to book: *Hannah Richards hannah.richards@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*
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*

Thursdays
Open Tech Thursdays
10.00am–Observer Building, 53 Cambridge Rd
Free meetup to chat, share Knowledge and access technology.
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. *hast-ingstownsingers.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:
A Load of Poets
7.30pm–Twelve Hundred Postcards, 80 Queens Rd
Poetry open mic night. Contact *@loadoffpoets* on Instagram.

Fridays
Writing Hour
7.30am–7 Trinity St
Writers can come together to write at the workshops *hastings-writersworkshop.com*
Singing Down Memory Lane
10.30am–StAugustine’s Church Hall-on-Sea, St Augustine’s Close, Cooden Dr
Free singing group for people with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. *discdementiasupport.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
Indoor Market
10.00am–Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. *stleo-schurch.co.uk*
Heritage Explorers
10.00am–Christ Church St Leonards on Sea, Silchester Rd
Free drop-in family art & heritage activities.
Hastings Library of Things
10.00am–Hastings Town

ST. LEONARDS CHURCH

SATURDAY MARKET

stleoschurch.co.uk

- INDOOR STALLS SELLING -

Arts, Crafts, Antiques & Collectibles

Vintage Chic, Clothes & Jewellery

Tarot Readings & Reiki Healing

- also -

Coffee, Food, Cakes & Wine Bar!

OPEN EVERY SATURDAY

10am to 4pm

Find us at Saint Leonards Church

London Road (corner Pevensey Rd)

Saint Leonards-on-Sea TN37 6AS

Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. Find out more: *umbrellasussex.org.uk*.
Monthly Vinyl Market
11.00am–The Piper, 1 Norman Rd
Thai food at the Albert
2.00pm–The Royal Albert, 293 Battle Rd
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*.
Let’s Make Karaoke Great Again
9.30pm–The Seadog, 32 Station Rd
Every 2nd Saturday.



CLASSES & WORKSHOPS

Friday 31 January
Free off-grid solar workshop (part 2)
6.00pm–Central Hall, 6, Bank Buildings, Station Rd
tinyurl.com/escevents2025

Saturday 1 February
Energy Medicine Retreat For Long Covid Recovery
10.00am–The Humble Hub, 4-5 Shepherd St
Joanna Allen, £40 *the-humblehub.co.uk*
Beginners’ Watercolour Class
1.30pm–The Stables Theatre, The Bourne £12
New Moon Gong Bath
3.00pm–The Humble Hub, 4-5 Shepherd St
Monthly with Tam Klien £20 *thehumblehub*.

co.uk *madre-sl.com*
Breathwork for Emotional Release
6.00pm–The Humble Hub, 4-5 Shepherd St
Heidi Dunford, £20 *thehumblehub.co.uk*

Sunday 2 February
Soul Sundays
10.00am–The Humble Hub, 4-5 Shepherd St
Kareena Lawson, £16 *thehumblehub.co.uk*
Kundalini Goddess Ceremony
12.00pm–The Humble Hub, 4-5 Shepherd St
Katie Ingham, £22 *the-humblehub.co.uk*
Relax & Renew: Restorative Yoga
3.00pm–The Humble Hub, 4-5 Shepherd St
Karen Simnett, £20 *thehumblehub.co.uk*
- Imbolc Renewal Ceremony
6.30pm–The Humble Hub, 4-5 Shepherd St
Joanna Allen, £10 *the-humblehub.co.uk*

Thursday 6 February
Special–ActiveCherry/ Sam Workshops
6.30pm–The Humble Hub, 4-5 Shepherd St
ActiveCherry, POA *thehumblehub.co.uk*

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 re-vamped St Andrews Mews. 5-10yrs. £5, drop-in or stay full 2 hours. Contact: *c.hwatts.art@gmail.com*
Making Trousers Workshop
10.00am–The Old Ambulance Station Bexhill, 10 Beeching Rd
Book via *melodieclothing.com* 2 day-course. Learn to make the Anna Allen ‘Persephone Pants’.
Gong Bath sessions
11.00am–Hastings Unitarian Church, 7A South Terrace
Text Karen Hayler: *07986 911083*
Regency Dance Workshop
2.00pm–St Peter & St Paul Church in the Parish of St John the Evangelist,

Crossword Solution No 269:

Across: 1. Marvel 3. (bi)Toffee(ling) 4. Risers

Down: 1. Mister 2. Lapels (anagram)



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: *hotyo-gahastings.co.uk*
**Relax & Renew,
Restorative Yoga**
3.00pm–St Leonards
Studio, Royal Victoria
Hotel, Marina
Monthly only–contact: *kar-en@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 *dynami-canatomy.co.uk/yoga*
**Moon meditation
& Soundbath**
7.30pm–The Humble Hub,
4-5 Shepherd St
£15 Jo Allen, *The Humble
Warrior,thehumblehub.co.uk*

Mondays
Gentle Flow Yoga
7.45am–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£10 *twigtea.com*
Kettlebells
9.15am–Isabel Blackman
Centre, Winding St
Full body strength
class. Register: *isabel-blackmancentre.co.uk*
**Slow Flow Yoga
(Open Level)**
9.30am–St Leonards
Studio, Royal Victoria
Hotel, Marina
Contact: *karen@yo-ga-by-the-sea.co.uk*
Pilates: Multi Level
9.30am–The Humble Hub,
4-5 Shepherd St
£10 Pilates by 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: *isabelblack-mancentre.co.uk*
Circuits
10.00am–Isabel Blackman
Centre, Winding St
Cardio and weighted
exercise. Register: *isabel-*

blackmancentre.co.uk
Art Classes for Adults
10.00am–St Matthew’s
Church-on-Sea, London Rd
All levels. £23 per session
or cheaper for block/term.
Website: *sjflack.art*
Hastings Knitters
10.00am–White Rock
Theatre, White Rock
Contact: *ajwright54@yahoo.com*
Tai Chi Beginners
11.00am–The Humble Hub,
4-5 Shepherd St
£10 Andy Cullen, *the-humblehub.co.uk*
**Yoga Over 60 – main-
taining movement**
11.00am–St Leonards
Studio, Royal Victoria
Hotel, Marina
Contact: *zowie@stleonards.studio*
Choir Practice!
11.00am–The Chapel of
Christ’s Stillness, Moon
Cottage
New singers of all ages
welcome. *thechapelof-christsstillness.co.uk*
Silver Swans Ballet
11.00am–Isabel Blackman
Centre, Winding St
No experience required.
Register: *isabelblack-mancentre.co.uk*
Cancer Rehab
1.00pm–Isabel Blackman
Centre, Winding St
Visit: *isabelblack-mancentre.co.uk*
**Inclusive Dance
for Adults with
Complex Needs**
1.45pm–The Hastings
Centre, The Ridge
£5 Register *dancehast-ings@gmail.com*
Monday Meditation Circle
2.00pm–The Humble Hub,
4-5 Shepherd St
Lee Ring, *thehum-blehub.co.uk*
LGBTQ+ social meet
2.15pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Chair Yoga
3.00pm–Isabel Blackman
Centre, Winding St
Register: *isabelblack-mancentre.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*
Kids Aerial Hoop
4.30pm–The Humble Hub,
4-5 Shepherd St
£9 Samantha Beagley,

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: *isabelblack-mancentre.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*.
Qigong with Sigrid
5.45pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
Contact Sigrid *qigon-sigrid@gmail.com*
**Foundations of
Yoga with Paula**
6.00pm–St Leonards
Studio, Royal Victoria
Hotel, Marina
Contact: *paula@stleonards.studio*
Dynamic Vinyasa
6.00pm–The Humble Hub,
4-5 Shepherd St
£12 Kirsty T, MADRE SL,
thehumblehub.co.uk
Candlelit Yoga
6.00pm–All Saints Hall, 142
All Saints’ St
oldtownyoga.co.uk
Beginners Vinyasa Flow
6.30pm–Hot Yoga Hastings,
21 St Peter’s Rd
hotyogahastings.co.uk
**Writing Young
Adult Fiction**
6.30pm–7 Trinity St
With best-selling YA author
Pole dance
6.30pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
**Martial Arts Free
Trial Lesson**
7.00pm–Ark Alexandra
Academy (Staff entrance),
Park Ave
Families welcome. Booking
required. Find out more at
martialartshastings.com
Yoga for Men’s Health
7.00pm–Play Sport Fitness
Hub
£3. Book via: *eequ.org/experience/3120*
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 *pennnythepo-etess@yahoo.co.uk*
Ballet Barre
7.15pm–Hastings Old Town

oldtownyoga.co.uk
**Kundalini Yoga &
Meditation with Yeli**
7.30pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
yeli@happiness-holistichealth.uk
Mixed Ability Pole Class
7.30pm–The Humble Hub,
4-5 Shepherd St
£15
ActiveCherry,*thehumblehub.co.uk*
Pole heels choreo
7.45pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Aerial Hoop Class
8.30pm–The Humble Hub,
4-5 Shepherd St
£15 ActiveCherry, *the-humblehub.co.uk*

Tuesdays
Dynamic Vinyasa
7.30am–The Bank Hotel &
Bistro, 28-29 Grand Parade
with Tam Klien
**Ashtanga Yoga–
Assisted Self Practice**
7.30am–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£15 *ashtangayogahast-ings@gmail.com*
Rise & Shine Yoga
8.00am–The Humble Hub,
4-5 Shepherd St
£10 Kareena Lawson,
the-humblehub.co.uk
Intermediate Pilates
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Daoist Qi Gong
9.00am–St Leonards
Studio, Royal Victoria
Hotel, Marina
andreaorsoqg@yahoo.com
**Pilates: with a roller,
with Sally Paffard**
9.00am–
Via Zoom *sallypaf-fard@gmail.com*
Pilates with Lucy Paffard
9.30am–
lucypaffard@gmail.com
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:
isabelblackmancentre.co.uk
Art Classes for Kids
10.00am–12 Maze Hill
£12 per child–All materials
included. Email Theresa
stleonardsartschool@outlook.com
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, *the-*

humblehub.co.uk
**5 Rhythms Movement
Metaphor**
10.00am–Crown House,
Marina
£15 or £12 concession,
£10 for beginners *info@artsonprescription.org*
Painting for Pleasure
10.00am–Stade Hall, The
Stade
10 week course £100,
info *sheridanju-lieann@gmail.com*
Creating a healthier you
10.00am–Broomgrove
Community Centre, 85
Chiltern Dr
Free. Book via: *eequ.org/activehastings*
**Developing Your Craft–
Writer’s Workshop**
10.00am–7 Trinity St
For new members of all
levels of experience, 10
sessions, reading week 25
febwritersworkshop.com
The Crown Knitters
10.30am–The Crown, 64-66
All Saints’ St
Weekly group who knit
lovely things to sell for lo-
cal charities *thecrownhast-ings.co.uk/events*
Conversational French
11.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Needle Felt
11.00am–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults
11.00am–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
Hot Yoga Hastings
11.00am–Hot Yoga
Hastings, 21 St Peter’s Rd
hotyogahastings.co.uk
**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 *sheridan-julieann@gmail.com*
Needle Felt 2
1.00pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Brain Function Fitness
1.00pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Online Chair Yoga
2.00pm–
Via Zoom *sueyo-ga1066@gmail.com*
Art & Social Club
2.00pm–Isabel Blackman
Centre, Winding St
Register and find out more:

isabelblackmancentre.co.uk
**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: *french.tu-tor.1066@gmail.com*
The Untamed Body
2.00pm–The Humble Hub,
4-5 Shepherd St
Seraphina Bianconi, £15
thehumblehub.co.uk
**FREE Make 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:
isabelblackmancentre.co.uk
Ore Youth Club Sessions
4.30pm–Ore Community
Centre, 455 Old London Rd
Register and find out
more: *sarah.adams@freshvisions.org.uk*
**Level 2a Class, T’ai Chi
Ch’uan : Long Yang Form**
4.45pm–The Humble Hub,
4-5 Shepherd St
Chris Hamblin, POA
thehumblehub.co.uk
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:
isabelblackmancentre.co.uk
**Gary Marriott’s
Tune up Tuesdays**
5.15pm–
Town Centre Text
07986 911083 for info
**Strength and con-
ditioning**
5.30pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
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: *eequ.org/experience/6816*
Sunset Flow with Hannah
6.00pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£9.00 *hola@madre-sl.com*
**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, thehumblehub.co.uk
School pole flow
6.30pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Silver Swans Ballet Class
6.30pm–Ore Community Centre, 455 Old London Rd
Contact Annie: 07704 711772
Vinyasa Flow
6.30pm–Bank House Studio
karen@yoga-by-the-sea.co.uk
Lino Printing Evening Course
6.30pm–Bus Stop Studios, 53 London Rd
busstopstudios.com/classes
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
febwritersworkshop.com
Kadampa Buddhist Meditation Class
7.00pm–Saint Nicholas Centre, St Nicholas Centre, London Rd
£9/£7 conc. Term time only, Maitreya
Dynamic Vin to Yin Yoga
7.30pm–The Humble Hub, 4-5 Shepherd St
£12 Tamaras Klien, MADRE SL, thehumblehub.co.uk
Mixed pole fitness
7.45pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Seen on Screen Dance with Rosie
7.45pm–The Y Centre, 26 St Paul’s Rd
£10 on the door.
Visit: sos.dance
Country Dancing
7.45pm–St Matthews Church Centre, London Rd
hastingscountry-danceclub.org.uk

Wednesdays
Yoga Flow
7.30am–The Humble Hub, 4-5 Shepherd St
£10 Rachael, Elevate Yoga, thehumblehub.co.uk
Garuda Pilates
9.00am–The Humble Hub, 4-5 Shepherd St
£10 Sally Paffard, thehumblehub.co.uk
Pump & Tone
9.00am–Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Adventures Through Movement and Music (0-2 years)
9.00am–Mini Playhouse, 26

White Rock
£4 (after free trial). pitterpatterarts@gmail.com
Seated Strength Exercise Class
9.15am–Elphinstone Road, Elphinstone Rd
eequ.org/experience/8223
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). pitterpatterarts@gmail.com
Qigong
10.00am–Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
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. info@artsonprescription.org
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 spanishonseaschool@gmail.com or Españoles en Hastings FB page.
Elemental Yoga with Catherine
10.30am–St Leonards Studio, Royal Victoria Hotel, Marina
£7. Contact: catherine-burnett12@gmail.com
Aerial Yoga
10.30am–The Humble Hub, 4-5 Shepherd St
£15 Samantha Jane, thehumblehub.co.uk
Musical Drama (2-4 years)
11.00am–Mini Playhouse, 26 White Rock
£4 (free trial). pitterpatterarts@gmail.com
Art Classes for Adults
11.00am–12 Maze Hill
£13.50 per person–All Materials Included. Email Theresa stleonardsartschool@outlook.com
Art Classes for Adults
11.00am–12 Maze Hill
also 12.00pm £13.50 per person–All Materials Included. Email Theresa stleonardsartschool@outlook.com
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. ninayoga.co.uk
Let’s Do Lunch
12.30pm–Isabel Blackman Centre, Winding St
Home-cooked two course menu for under £10. Info: isabelblackmancentre.co.uk
Legs Bums & Tums
1.00pm–Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Dynamic Breathwork
1.00pm–The Humble Hub, 4-5 Shepherd St
£12 Andrew Dunne, thehumblehub.co.uk
Qigong Movement Class
1.00pm–Christ Church Blacklands, Laton Rd
eequ.org/experience/8796
Hatha Yoga for You
2.00pm–St Leonards Studio, Royal Victoria Hotel, Marina
louise@stleonards.studio
FREE Make 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: isabelblackmancentre.co.uk
Tai Chi Ch’uan Introductory Class to the Long Yang Form
3.00pm–The Humble Hub, 4-5 Shepherd St
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: [\[tialartshastings.com\]\(http://tialartshastings.com\)
Beginners Pole
6.00pm–The Humble Hub, 4-5 Shepherd St
£15 drop in Cherry, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Yoga with Marjolyn
6.00pm–St Leonards Studio, Royal Victoria Hotel, Marina
07929 577985
Adult Tap Class for Beginners
6.15pm–7 Mercatoria \[kimhaviland@gmail.com\]\(mailto:kimhaviland@gmail.com\)
Laughter Yoga with Bev
6.30pm–The Jenny Lind Inn, 69 High St
Upstairs. Contact: \[bevjones@laughyourselftohealth.com\]\(mailto:bevjones@laughyourselftohealth.com\)
Pregnancy Yoga & Birth Preparation
6.30pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square
For info and booking contact Mae: \[mae@maedewsbery.co.uk\]\(mailto:mae@maedewsbery.co.uk\)
Hand Embroidery with Lady B Embroidery
6.30pm–53 London Rd
\[busstopstudios.com/classes\]\(http://busstopstudios.com/classes\)
Mixed pole fitness
6.45pm–Free Bird Fitness, Silchester Rd
\[freebirdfitness.uk\]\(http://freebirdfitness.uk\)
Beginners Pole Class
7.00pm–The Humble Hub, 4-5 Shepherd St
£15 Active Cherry, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Zumba
7.00pm–Broomgrove Community Centre, 85 Chiltern Dr
£3 or free for Broomgrove residents. To book: \[eequ.org/experience/6591\]\(http://eequ.org/experience/6591\)
Buddhist Meditation and Dharma Teaching
7.00pm–
In person and via Zoom. \[tsebg.org/local-groups\]\(http://tsebg.org/local-groups\)
Aoi Bara Meditation
7.30pm–Peachy Self Care Studio
Donation only community meditation class. \[aoibarameditation.co.uk\]\(http://aoibarameditation.co.uk\)
Kundalini Yoga and Meditation Class
7.30pm–The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. \[soulpowerkundaliniyoga.co.uk\]\(http://soulpowerkundaliniyoga.co.uk\)
Argentine Tango Social Dance
8.00pm–The White Rock Hotel, 1-10 White Rock
Downstairs bar. £8 for dancers, £3 non-dancers. \[pennythepoet-ess@yahoo.co.uk\]\(mailto:pennythepoet-ess@yahoo.co.uk\)
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm–
£4. \[sallypaffard@gmail.com\]\(mailto:sallypaffard@gmail.com\)
Beginners Pole Class
8.00pm–The Humble Hub, 4-5 Shepherd St](mailto:mar-</p></div><div data-bbox=)

£15 Active 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 Hotel, Marina
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 Hotel, Marina
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, thehumblehub.co.uk
Boxing for fun
11.45am–Isabel Blackman Centre, Winding St
Register: [\[mancentre.co.uk\]\(http://mancentre.co.uk\)
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 \[sheridan-julieann@gmail.com\]\(mailto:sheridan-julieann@gmail.com\)
Online Vinyasa Flow with Elena Voce
12.45pm–
Classes for all levels. Pay-what-you-can. \[yogawithelenaVOICE.co.uk\]\(http://yogawithelenaVOICE.co.uk\)
Iyengar Yoga Classes
1.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square
Beginners welcome. £10 \(£5 for people struggling financially\). \[howdowe-beginagain@gmail.com\]\(mailto:howdowe-beginagain@gmail.com\)
Tai Chi
1.00pm–Isabel Blackman Centre, Winding St
\[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Beginners Line Dance Classes
2.00pm–Pebsham Community Hub, 70 Seabourne Rd
Contact Kerris 0748047236
FREE Make Your Mark Workshop \(0-4yrs\)
2.30pm–Stade Hall, The Stade
Yoga with Marjolyn
3.00pm–St Leonards Studio, Royal Victoria Hotel, Marina
Contact: 07929 577985
Pilates \(beginners\)
3.00pm–Isabel Blackman Centre, Winding St
\[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Kid’s Aerial Hammocks \(Age 7-13\)
4.00pm–The Humble Hub, 4-5 Shepherd St
£9 Samantha Jane Yoga, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Aerial Slings
5.00pm–The Humble Hub, 4-5 Shepherd St
£12 Samantha Jane, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Tilekiln Youth Club Sessions
5.30pm–
Tilekiln Community Centre \[sarah.adams@freshvisions.org.uk\]\(mailto:sarah.adams@freshvisions.org.uk\). Bev 07732 823800
Kundalini Yoga & Meditation with Yeli
6.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square
\[yeli@happiness-holistichealth.uk\]\(mailto:yeli@happiness-holistichealth.uk\)
Art Classes for Adults
6.15pm–12 Maze Hill
also 7.15pm £13.50 per person–All Materials Included. Email Theresa](mailto:isabelblack-</p></div><div data-bbox=)



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: Improver–Intermediate level
9.00am–The Humble Hub, 4-5 Shepherd St
£10 Pilates by Sarah T, [thehumblehub.co.uk](#)
Traditional Yoga
9.00am–Hornty Park Sports Complex, Bohemia Rd
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, [thehumblehub.co.uk](#)
Mindful Yoga
10.30am–Royal Victoria Hotel, Marina
[zowie@stleonards.studio](#)
Art Classes for Adults
11.00am–12 Maze Hill
£13.50 per person–All Materials Included.
Email Theresa [stleonardsartschool@outlook.com](#)
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: [isabelblackmancentre.co.uk](#)
Yin Yoga
11.30am–Hornty Park Sports Complex, Bohemia Rd
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 [thehumblehub.co.uk](#)
FREE Make Your Mark Workshop (0-4yrs)
2.30pm–Stade Hall, The Stade
Chair Yoga – A supported approach
2.30pm–St Leonards Studio, Royal Victoria Hotel, Marina
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: [isabelblackmancentre.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@theclifton-centre.com](#) for details.
Improvers aerial hoop
6.45pm–Free Bird 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 [thehumblehub.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.
Contact: [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: [isabelblackmancentre.co.uk](#)
Aerobic class
9.30am–The Humble Hub, 4-5 Shepherd St
Jensy Azucena, £8.00, alternate weeks [thehumblehub.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–via Zoom
Morning Yoga. [lamiles@hotmail.co.uk](#)
Morning Flow Yoga
10.00am–Bank House, 144 London Rd
Ease into your weekend with some mindful movement and breathwork. More info: [yoga-by-the-sea.co.uk](#)
Making Trousers Workshop
10.00am–The Old Ambulance Station Bexhill, 10 Beeching Rd
Book via [melodieclothing](#).

com 2 day course. Learn to make the Anna Allen ‘Persephone Pants’.
Antenatal Class
10.00am–The Crown, 64-66 All Saints’ St
First Saturday morning of every month, free!
Martial Arts Free Trial Lesson
10.00am–Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking: [martialartshastings.com](#)
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
Register and find out more: [isabelblackmancentre.co.uk](#)
Gong Bath Sessions
2.00pm–4 Courts
Wellbeing Centre, off Sydney Close
Find out more via [GongVibrations1066](#) on Facebook or text Karen Hayler: 07986 911083.

ADVERTISE WITH US

Listings are FREE! Or you could take a display ad in the paper that is cheaper than you’d think.



Scan here to download our press pack for more information and prices or contact us directly at advertising@yourhip.co.uk

Inside Full Page

£395

£240

1/2 Pg. Vertical

Back Cover

£495

£120

1/4 Pg. Horizontal

Cover Banner

£285

£120

1/4 Pg. Vertical

1/2 Pg. Horizontal

£240

£195

Inside Banner

XED Le Head: After tattooing, what?

VICTORIA KINGHAM

Imagine an extraordinary body of work by a dedicated tattooist, essentially an artist who, unable to use a tattoo marker, turned to something completely different. Ruby's Rooms on the seafront (the house that's decorated all over – and recently redecorated – using some of Xed's designs) is showing this unique collection of work.

Xed (pronounced Zed) Le Head was revered as an innovator and expert in the world of tattooing. "A tattoo God. A Legend," wrote Touka Voodoo of the Stockholm Alternative, a Bespoke and Holistic tattoo parlour. Xed's work was internationally famous and his designs have been exhibited in venues as far

away as Japan. He loved it and dedicated his life to it.

Soon after he met his wife Wiggy, disease began to disintegrate his spine and he was confined to a wheelchair, with only very limited use of his arms. Wiggy, however, became his carer and amanuensis. She prepared his canvases and his tubes of paint and supported him (in all senses) while he developed a way of working by squeezing paint out through what was essentially an icing tube.

He worked incessantly – the paint is thickly layered and the resulting works highly textured – and as he finished one outline in his mandala-type creations, they set it to dry and he began another, going back to the previous ones when the layers were dry. The results, all built up in this way, can be seen in this

unique collection; they must be seen to be appreciated as the photo doesn't tell even half the story.

The obvious place for the exhibition was Ruby's Rooms on the seafront, two doors away from where Xed lived and worked and Wiggy still lives. While many actual human bodies carry his art around wherever they go, this body (of work) is left to posterity. The space at Ruby's



Rooms is enormous, another local domestic space given over to Art where the space itself becomes part of whatever is on show.

Exhibition A Tribe Called Xed: 1 Feb 2025 Open house 1-4 pm Ruby's Rooms TN37 5DB
RSVP rubyandnorm@gmail.com



Tea Party with Angels, Demons & Other Friends

Sussex based artist Elina Rudzite brings her eclectic range of paintings and sculpture to Hastings in a special exhibition that runs throughout the month of March, entitled *Tea party with Angels, Demons and Other Friends*. The name of the exhibition denotes the peculiarity – abstract, yet fun – which is central to her work: it embodies a sense of play within a dark world of creatures, portraits and figurines.

Elina's art recognises the abstract within both painting and sculpture. However, she works with the various media to allow pieces to reveal themselves slowly. A process of sanding, painting, etching, and manipulation continues until shapes, faces, figures and places begin to emerge. It's always a surprise and Elina believes the results are often obscure messages from the subconscious. Many viewers have described her work as an embodiment of something strangely familiar and timeless.

Uniquely to this exhibition, Elina will be turning part of the room into a live workspace where she will paint and create throughout the month. This will allow visitors to interact with her, and even to have bespoke pieces created while enjoy-

ing a cup of tea together.

"I'm really excited to be inviting people to see how I work and to engage with me throughout the month. This is something I have never done and I think it will allow people to understand more about the processes that go into my art. I can't wait to sit with people and work while we drink tea, surrounded by my collections. It will be truly special."

Elina's exhibition at St Andrews Mews is free to enter, with an opening night on Thursday 6 March. This will give visitors the chance to purchase her works before anyone else!

Anyone coming to the exhibition throughout March will be provided with a free raffle ticket that enters them into a prize draw for one of her works.

"I think it's important to be able to price art that is affordable, as well as having the more premium pieces. So you can expect to find works for sale that anyone can afford. I will have a wide range of sculpture, prints, and paintings for sale as well as offering the opportunity to have bespoke work undertaken."

Stay tuned on her Instagram, in the run-up to the show, for exclusive previews and behind-the-scenes glimpses to see what she is working on, as ever more interesting facts about the show unravel.

Opening night 6 Thursday March, 6pm at St Andrews Mews, Hastings. Entrance free. Exhibition runs throughout March. Open Fridays, Saturdays and Sundays 11am-5pm. ELINA RUDZITE Instagram: elinarudzite.art@gmail.com



Elina Rudzite



SOUNDS ST LEONARDS PRESENTS

'BORDER DEFYING' STRING DUO

FRAN & FLORA

THURS 27TH FEBRUARY

THE CROWN HOUSE, MARINA, ST LEONARDS



Tickets & Info

www.sounds-stleonards.co.uk



Early Career
Promoter Fund
PES Foundation



ARTS COUNCIL
ENGLAND



Department
for Culture,
Media & Sport

Doors 7pm

Tickets £15 adv