

Friday 11 to Thursday 24 April 2025

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

The HIP List

sponsored by



Hastings
Independent

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

MUSIC

Friday 11 April
Terry Bickers + special guests The Roebucks
7.00pm–The Piper, 1 Norman Rd
Former guitarist of psychedelic bands House of Love and Levitation
Marcus Bunton Jazz Trio
8.30pm–Barnaby’s Lounge, 46 Robertson St

Saturday 12 April
Black Helium in Store
2.30pm–Tough Love St
Leonards, 73 Bohemia Rd
Heavy Psych 3-piece band
Feast of Fiddles
7.00pm–Stagecoach Performing Arts
Hastings, Ark Alexandra, Parkstone Rd
THOH presents: Trevor Fung
9.00pm–The Pig, 37 White Rock
Ibiza acid house legend
Trevor Fung, With Kim Cosmik, Dan Short DTS, Chill DJs in support

Monday 14 April
Bootleg Beatles
7.30pm–White Rock Theatre, White Rock

Wednesday 16 April
Simon&thePope: Avant Bavard
6.30pm–Kino-Teatr, 43-49 Norman Rd

Thursday 17 April
Owen Spafford and Louis Campbell
7.00pm–Crown House, Marina

Friday 18 April
Samaki
7.30pm–Kino-Teatr, 43-49 Norman Rd
Chimer
8.00pm–The Printworks Ltd, 14 Claremont
with support from Dirtsharks and DJ Benny B (of Kid Kapichi)
Index For Working Musik + Great Silkie + Florescent
8.00pm–The Piper, 1 Norman Rd
Free form punks

Saturday 19 April
Ibiza Anthems–Easter Bottomless Brunch with Brandon Block
1.30pm–Blackbox Hastings, 10 George St
Bones Ate Arfa in Store
2.30pm–Tough Love St
Leonards, 73 Bohemia Rd
Brighton-based desert rock three piece
Jo Carley & The Old Dry Skulls
7.00pm–The Jenny

Lind Inn, 69 High St
Monumental + Special Guests Happy Neighbours
7.30pm–Observer Building, 53 Cambridge Rd

Sunday 20 April
Rock the 90s Presents: Easter Sunday!
7.00pm–Blackbox Hastings, 10 George St

Wednesday 23 April
Toots and the Maytals feat. Leba Hibbert + very special guests
7.00pm–De La Warr Pavilion, Marina, Bexhill

REPEATING EVENTS

Sundays
Los Twangueros
7.00pm–The Jenny Lind Inn, 69 High St
Flamenco-jazz grooves
BYO Vinyl Night
7.00pm–The Jenny Lind Inn, 69 High St

Mondays
Acoustic Revels at the Albert
8.00pm – The Prince Albert, 28 Cornwallis St
The Twitten Revellers host an open folk session - second Monday each month
The Jam on the Hill
8.00pm–The Plough Inn, 49 Priory Rd
Bring your instrument and voice and join in!
Twitten Revellers Open Session
8.30pm–The Bull Inn Battle, 27 High St
Monthly open folk 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
Traditional Folk Open Sessions
8.00pm–Stag Inn
Playing tunes from Ireland, England, Scotland and beyond
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
Folk Session at

the Dolphin
8.00pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Every Third Wednesday of the month.
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

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
Punk Night
8.30pm–The Carlisle, 24 Pelham St
Monthly. check Punk Rock at the Carlisle for updates on bands

PERFORMANCE

Friday 11 April
Karen Hauer & Gorka Marquez–Speakeasy
7.30pm–White Rock Theatre, White Rock
Normalised
7.30pm–The Stables Theatre, The Bourne

Saturday 12 April
West End Experience

Grand Finale Concert
7.00pm–White Rock Theatre, White Rock
Normalised
7.30pm–The Stables Theatre, The Bourne
Mike Hatchard & Friends: Herbie Flowers–A Choral Tribute to a Floral Legend...
7.30pm–Kino-Teatr, 43-49 Norman Rd
National Theatre: Dr Strangelove
7.30pm–Electric Palace, 39A High St
The Forbidden Fruit Cabaret: Scarlett Harlett
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 13 April
The Wizard of Oz
1.00pm–De La Warr Pavilion, Marina, Bexhill
The Wizard of Oz–A Pantomime Adventure
1.30pm–White Rock Theatre, White Rock
The Wizard of Oz–A Pantomime Adventure
4.30pm–White Rock Theatre, White Rock
The Wizard of Oz
6.00pm–De La Warr Pavilion, Marina, Bexhill

Tuesday 15 April
Shakespeare’s Royals
7.30pm–The Stables Theatre, The Bourne
Jamail Maddix: Aston
8.00pm–White Rock Theatre, White Rock

Wednesday 16 April
Bavard Bar
7.30pm–Kino-Teatr, 43-49 Norman Rd

Thursday 17 April
Is That a Whip in Your Hand?
7.30pm–The Stables Theatre, The Bourne

Saturday 19 April
Mettle
7.30pm–The Stables Theatre, The Bourne
Lucy & Friends by Lucy McCormick
7.30pm–White Rock Theatre, White Rock
National Theatre: Dr Strangelove
7.30pm–Electric Palace, 39A High St
The Forbidden Fruit Cabaret: Marsha Mallow
9.30pm–The Forbidden Fruit, 22 Grand Parade

REPEATING EVENTS

Fridays
Out of the Shadows Open Mic/ Poetry Night
7.00pm–Eat @ The Stade, 30A Rock-a-Nore Rd
All ages welcome. Co-



hosted by Ed Boxall and Jemia de Blondeville. Book a slot via edboxall.co.uk/ contact or Facebook
Late Night Karaoke
11.00pm–Barnaby’s Lounge, 46 Robertson St

CINEMA

Friday 11 April
Anora
3.00pm–Kino-Teatr, 43-49 Norman Rd
Hastings Rocks International Film Festival
5.00pm–The Printworks Ltd, 14 Claremont
For tickets and passes: filmfreeway.com/hastingsrocks/tickets
The People’s Joker + introduction
7.30pm–Electric Palace, 39A High St

Saturday 12 April
Wicked
3.00pm–Electric Palace, 39A High St

Sunday 13 April
The People’s Joker + introduction
11.00am–Electric Palace, 39A High St
Anora
2.00pm–Kino-Teatr, 43-49 Norman Rd
Howards End–4k Restoration
3.00pm–Electric Palace, 39A High St
Trash Cannes 5 Film Challenge Screening
5.30pm–The Printworks Ltd, 14 Claremont

Thursday 17 April
William Shatner: You Can Call Me Bill
11.00am–Electric Palace, 39A High St
Star Trek 4: The Voyage Home
7.30pm–Electric

Palace, 39A High St
Friday 18 April
Fright Night: The Exorcist
7.30pm–Electric Palace, 39A High St

Saturday 19 April
Mr Burton
12.00pm–Kino-Teatr, 43-49 Norman Rd
Mr Burton
3.00pm–Kino-Teatr, 43-49 Norman Rd
Mr Burton
7.30pm–Kino-Teatr, 43-49 Norman Rd

Sunday 20 April
Memoir of a Snail
11.00am–Electric Palace, 39A High St
Mr Burton
2.00pm–Kino-Teatr, 43-49 Norman Rd
Maurice
3.00pm–Electric Palace, 39A High St

Wednesday 23 April
Mr Burton
3.00pm–Kino-Teatr, 43-49 Norman Rd
Mr Burton
7.30pm–Kino-Teatr, 43-49 Norman Rd

Thursday 24 April
The Room Next Door
11.00am–Electric Palace, 39A High St
Maurice
7.30pm–Electric Palace, 39A High St

REPEATING EVENTS

Mondays
Movie Mondays
7.30pm–The Forbidden Fruit, 22 Grand Parade
Contact venue for film details

Thursdays
Third Thursday Cinema Club
2.00pm–Isabel Blackman Centre, Winding St
Member: £5 / Non-Member: £6 / IBC Active: Free

ART

Automata @ The Museum
Until 8 June
Hastings Museum and Art Gallery, Bohemia Rd
Anna Bachene and Nick Hill (Mixed Media Exhibition)
Until 24 April
Oscar’s on the Square, Warrior Square Prom
William Ede-Smith
Until 1 May
The Crown, All Saints St
Lily Gutierrez & Tiger Hutchence-

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Meet at the clock on prom – free one hour walk, just pop along tcv.org.uk/southeast/sussex

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: crewru-x-leys@gmail.com

Wednesdays Writing Hour
7.30am–7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com

Green Gym at Hastings Centre
10.00am–The Hastings Centre, The Ridge
Horticultural volunteering for health, carrie.edmonds@tcv.org.uk / 07764 655609

Conquest Green Gym
10.00am–Conquest Hospital, The Ridge
Conservation volunteering. Booking required. Contact for more details: carrie.edmonds@tcv.org.uk / 07764 655609

Dementia Carer Support Group (carers only)
10.00am–Dennis Rankin Room, St Augustine's Church
Come for a chat and support, refreshments inc. donations welcome. Every 4th Wednesday discdementiasupport.org

Health Walk Alexandra Park
10.30am–Alexandra Park, St Helen's Rd
From Ranger's Office–free one hour walk, just pop along tcv.org.uk/southeast/sussex

Community Open House
11.00am–Afri-Co-Lab, 3, Marine Court
Make Afri-Co-Lab your home, workspace, 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 favourite hobby and socialise

All Sorts Auction
6.30pm–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
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 Pavillion, 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.

The Stag Book Club
7.00pm–Stag Inn, 14 All Saints' St
Come along or message if you'd like to join or want more information staghastings.co.uk

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
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 Hastings Tech Forum
9.00am–Observer Building, 53 Cambridge Rd
Monthly meetup for local tech professionals

Cozy Crypt
10.00am–London Road
Share Conversation, Access Support, In Partnership with Citizens Advice 1066

Free energy advice community drop-in
10.00am–Hastings Community Info Hub, Queens Rd
Green Gym at Church Wood 10.00am–Church Wood Conservation volunteering for health, contact carrie.edmonds@tcv.org.uk / 07764 655609

Bingo
2.00pm–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details

Friendship Café
2.00pm–Hastings Court

Care Home, 314 The Ridge
Hosted by the community co-ordinator for Stroke rehabilitation, a monthly support and advice session for families affected by Strokes. Contact: 01424 755151

The Barbarian Wolf Chess Club
5.15pm–The Horse & Groom, 4 Mercatoria
Weekly chess

Sheer Poetry
6.00pm–Twelve Hundred Postcards, 80 Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook

Pumphouse Late Plates
6.30pm–Pumphouse Cafe and Deli, Pumphouse, Alexandra Park, St Helen's Rd
Every alternate Thursday

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–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Bar open for the duration. Contact weststleonardsca@gmail.com for details

War Games
7.00pm–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Bar open for the duration. Contact weststleonardsca@gmail.com for details

Hastings Humanists Meeting
7.30pm–The White Rock Hotel, 1-10 White Rock
Monthly. Check their Facebook page for more details. Hybrid meeting may be available.

Pub Quiz
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Free entry plus prize money to be won!! Booking recommended 01424 434326

Fridays Writing Hour
7.30am–7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com

Health Walk Church Wood St Leonards
10.30am–Church Wood
Meet at Nature reserve car park, free one hour walk, just pop along tcv.org.uk/southeast/sussex

Singing Down Memory Lane
10.30am – St Augustine'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. discdementiasupport.org

Dementia Carer Support Group (carers only)
11.00am–Robsack Centre, Bodiam Dr
Come for a chat and support, refreshments incl. Donations welcome. Every 2nd Friday discdementiasupport.org

The Damascus Runners
11.00am–Bonjour Café, 13 Grand Parade
Social walking group, meet on the seafront opposite

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. stleoschurch.co.uk

Monthly Fayre
10.00am–Isabel Blackman Centre, Winding St

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

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

Tuesday 8 April West End Experience–Easter Youth Project
White Rock Theatre, White Rock

Friday 11 April Cicchetti & Cocktails Cookery Night
6.30pm–Stade Hall, The Stade

£65 stadehall.com/event/cicchetti-cocktails-cookery-night/

Saturday 12 April 'Let It Flow' –Vinyasa Flow Yoga
8.00am–The Humble Hub, 4-5 Shepherd St
James Loosemore, £10 thehumblecollective.co.uk

Materials Matter Art Classes
10.00am–Stade Hall, The Stade
5 classes @ £15 per hour, all 5 for £65, stadehall.com/event/materials-matter/

St Michael's Hospice Easter Bunny Hop
10.00am–St Michael's Hospice, 25 Upper Maze Hill
£4.00 per child (no need to book) – adults can hop in for free! stmichaelshospice.com/event/-diary

Gong and Sound Bath
5.00pm–The Humble Hub, 4-5 Shepherd St
Odette Kurland £20 thehumblecollective.co.uk

Full Moon Yoga with Cacao Ceremony
7.30pm–The Humble Hub, 4-5 Shepherd St
Karolina Rus, £20 thehumblecollective.co.uk

Sunday 13 April Moon Meditation & Soundbath
7.00pm–The Humble Hub, 4-5 Shepherd St
Jo Allen, £15 thehumblecollective.co.uk

Thursday 17 April Little Chefs Pizza Making
11.00am–Stade Hall, The Stade
£55 stadehall.com/event/little-chefs-pizza-making/

REPEATING EVENTS

Sundays Flow Into Resonance
9.00am–18 Silchester Rd
The Humble Heart, Tamara Klien, £16 thehumblecollective.co.uk

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:

ST. LEONARDS CHURCH

WEEKEND MARKET

stleoschurch.co.uk

- INDOOR STALLS SELLING -

Arts, Crafts, Antiques & Collectibles

Vintage Chic, Clothes & Jewellery

Tarot Readings & Reiki Healing

- ALSO -

Coffee, Food & Licensed Bar!

EVERY SATURDAY + SUNDAY

10am to 4pm

Find us at Saint Leonards Church

London Road (corner Pevensey Rd)

Saint Leonards-on-Sea TN37 6AS

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

Conscious Connected Breathwork
2.00pm–18 Silchester Rd
The Humble Heart, Angel Michaelides, £33 thehumblecollective.co.uk

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–The Humble Hub, 4-5 Shepherd St
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

Moon meditation & Soundbath
5.00pm–The Humble Hub, 4-5 Shepherd St
£15 Jo Allen, The Humble Warrior, thehumblecollective.co.uk

Album Sharing
7.00pm–18 Silchester Rd
The Humble Heart, Seraphina Bianconi, £15 thehumblecollective.co.uk

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

Mondays Monday Morning

Crossword Solution No 274:
Across: 1. Mixers 3. Ninety (anagram) 4. Tenner
Down: 1. MagNet 2. Slayer (anagram)



Meditation

8.00am–The Humble Hub, 4-5 Shepherd St
Joanna Allen, £8 *the-humblecollective.co.uk*
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
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, **Beginners Vinyasa Flow**
9.30am–Hot Yoga Hastings, 21 St Peter’s Rd
hotyogahastings.co.uk
The Joy of Movement
9.30am–18 Silchester Rd The Humble Heart, Michael Bailey, £10 *the-humblecollective.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: *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: *siflack.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, **Yoga Over 60 – main-taining movement**
11.00am–St Leonards Studio, Royal Victoria
Contact: *zowie@stleonards.studio*
Intermediate French Course Level 1
11.00am–Bus Stop Studios, 53 London Rd
With Olivier Jarré *busstop-studios.com/classes*
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: *isabelblackmancentre.co.uk*
Inclusive Dance for Adults with Complex Needs
1.45pm–The Hastings Centre, The Ridge
£5 Register *dancehastings@gmail.com*
Monday Meditation Circle
2.00pm–The Humble Hub, 4-5 Shepherd St
Lee Ring
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: *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: *juliansambadrum@gmail.com*
Kids Aerial Hoop
4.30pm–The Humble Hub, 4-5 Shepherd St
£9 Samantha Beagley, **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*
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
Contact: *paula@stleonards.studio*
Dynamic Vinyasa
6.00pm–The Humble Hub, 4-5 Shepherd St

£12 Kirsty T, MADRE SL, **Candlelit Yoga**
6.00pm–All Saints Hall, 142 All Saints’ St
oldtownyoga.co.uk
The Joy of Movement
6.30pm–18 Silchester Rd The Humble Heart, Michael Bailey, £10 *the-humblecollective.co.uk*
Beginners Vinyasa Flow
6.30pm–Hot Yoga Hastings, 21 St Peter’s Rd
hotyogahastings.co.uk
Writing Creative Nonfiction
6.30pm–7 Trinity St
With hugely-experienced nonfiction editor Liz Marvin *hastings-writersworkshop.com*
Pole dance
6.30pm–Free Bird Fitness, Silchester Rd, St. Leonards-on-Sea
freebirdfitness.uk
Adult Tap Class
7.00pm–Laton Ash Dance Centre
call 01424 434774 for details
Martial Arts Free Trial Lesson
7.00pm–Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required. Find out more at *martialartshastings.com*
Evening Crochet Course
7.00pm–Bus Stop Studios, 53 London Rd
With Katie Jones *busstop-studios.com/classes*
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)
Ballet Barre
7.15pm–Hastings Old Town
oldtownyoga.co.uk
Adult Tap Class
7.00pm–Laton Ash Dance Centre, 18 Laton Rd
call 01424 434774 for details
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, *the-humblecollective.co.uk*
Pole heels choreo
7.45pm–Free Bird Fitness, Silchester Rd, St. Leonards-on-Sea
freebirdfitness.uk
Aerial Hoop Class
8.30pm–The Humble Hub, 4-5 Shepherd St

£15 ActiveCherry,
Tuesdays Morning Vinyasa Flow Yoga
7.30am–The Humble Hub, 4-5 Shepherd St
Kasia Hamilton, £10 *thehumblecollective.co.uk*
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 *ashtangayogahastings@gmail.com*
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
andreaorsoqg@yahoo.com
Pilates: with a roller, with Sally Paffard
9.00am - Via Zoom *sallypaffard@gmail.com*
Art Classes for Kids
9.15am–12 Maze Hill
£12 per child–All materials included. Email Theresa Stleonardsart *school@outlook.com*
Pilates with Lucy Paffard
9.30am - *lucypaffard@gmail.com*
Writing Life
10.00am–DAYDREAM café & restaurant (Brunch), 51B&C, Robertson St
Unleash your imagination in a warm, welcoming and relaxed group *nicky@diamond-minds.co.uk*
YOYO Arts Club
10.00am–Art in the Park, Alexandra Park
£5 per child, £2 sibling. Free flow art drop in for all the family! Refreshments and materials provided. Make, create and bring ideas. Outdoor activities on warmer days.
Beginners French
10.00am–Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
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
5 Rhythms Movement Metaphor
10.00am–Crown House, Marina
£15 or £12 concession, £10 for beginners *info@*

artsonprescription.org
The Crown Knitters
10.30am–The Crown, 64-66 All Saints’ St
Weekly group who knit lovely things to sell for local charities *thecrownhastings.co.uk/events*
Dynamic Breathwork
10.30am–18 Silchester Rd The Humble Heart, Andrew Dunne, £15
thehumblecollective.co.uk
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 Stleonardsart *school@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
Matwork Pilates
12.00pm–The Humble Hub, 4-5 Shepherd St
Mary Boyarski, £10
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 *su-eyoga1066@gmail.com*
Art & Social Club
2.00pm–Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Hand Embroidery Afternoon Course
2.00pm–53 London Rd Lady B Embroidery. Also Wednesdays 6.30pm
Conversational French lessons
2.00pm–Ore Community Library, Old London Rd
£7 email: *french.tutor.1066@gmail.com*
Hand Embroidery Afternoon Course
2.00pm–Bus Stop Studios, 53 London Rd with Lady B
Embroidery *busstop-studios.com/classes*
The Untamed Body
2.00pm–The Humble Hub, 4-5 Shepherd St
Seraphina Bianconi, £15
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: *isabelblackmancentre.co.uk*
Art Classes for Adults
4.00pm–12 Maze Hill
£20 per person–All Materials Included. Email Theresa Stleonardsart *school@outlook.com*
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 *the-humblehub.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*
Art Classes for Adults
5.00pm–12 Maze Hill
£13.50 per person–All Materials Included. Email Theresa Stleonardsart *school@outlook.com*
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, St. Leonards-on-Sea
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–Play Sport Fitness Hub, The Firs, Elphinstone Road, £3 or pay what you can. To book: *eequ.org/experience/6816*
Old Town Yoga
6.00pm–Stade Hall, The Stade
£9. Book at *old-townyoga.co.uk*
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

6

The HIP List

sponsored by

KILEY'S KARPETS
CARPETS • RUGS • VINYL • WOOD LAMINATES

£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, St. Leonards-
on-Sea
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 - *kar-
en@yoga-by-the-sea.co.uk*
Belly Dance Class
6.30pm–Stade Hall,
The Stade
For more info: contact Cate
‘Caasi’ Brick on Facebook.
Tantra Kundalini
6.30pm–18 Silchester Rd
The Humble Heart,
Joanna Allen, £10 *the-
humblecollective.co.uk*
Adult Tap Class
7.30pm–Laton Ash Dance
Centre, 18 Laton Rd
call 01424 434774 for details
Men’s Circle
7.00pm–4 George St
With Pip Hersee,
£10. *pipshastings.com*
Art Classes for Adults
7.00pm–12 Maze Hill
£13.50 per person–All
Materials Included. Email
Theresa Stleonardsart
school@outlook.com
**Hand Embroidery
Evening Course**
7.00pm–Bus Stop Studios,
53 London Rd
with Lady B
Embroidery *busstop-
studios.com/classes*
**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, St. Leonards-
on-Sea
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–Saint Matthews
Church Centre, St.
Matthews Church Centre,
London Rd
*hastingscountry-
danceclub.org.uk*

Wednesdays

Vinyasa Flow Yoga
7.30am–18 Silchester Rd
The Humble Heart, Kasia
Hamilton, £10 *thehum-
blecollective.co.uk*
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). *pitter-
patterarts@gmail.com*
**Seated Strength
Exercise Class**
9.15am–Play Sport Fitness
Hub, The Firs, Elphinstone
Road
eequ.org/experience/8223
Silver Swans Ballet
9.30am–Laton Ash Dance
Centre, 18 Laton Rd
call 01424 434774 for details
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). *pitter-
patterarts@gmail.com*
Qigong
10.00am–Isabel Blackman
Centre, Winding St
Register: *isabelblack-
mancentre.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 refresh-
ments & 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

£7. Contact: *catherine-
burnett12@gmail.com*
Aerial Yoga
10.30am–The Humble Hub,
4-5 Shepherd St
£15 Samantha Jane,
thehumblehub.co.uk
Adult Tap
11.00am–Laton Ash Dance
Centre, 18 Laton Rd
call 01424 434774 for details
Musical Drama (2-4 years)
11.00am–Mini Playhouse,
26 White Rock
£4 (free trial). *pitterpat-
terarts@gmail.com*
**French for Beginners
Level 1**
11.00am–Bus Stop Studios,
53 London Rd
With Olivier Jarré *busstop-
studios.com/classes*
Art Classes for Adults
11.00am–12 Maze Hill
£20 per person–All
Materials Included. Email
Theresa Stleonardsart
school@outlook.com
Barre
11.00am–Lior
Wellness Studio, 7A
London Rd
A blend of ballet, barre
and Pilates. No expe-
rience necessary *lior-
wellnessstudio.com*
**Parent Toddler
Singalong Session**
11.30am–Early Help
Keywork Service, Ocean
House, 87-89 London Rd
Free for children under 5
Adult Ballet Class
12.00pm–Laton Ash Dance
Centre, 18 Laton Rd
call 01424 434774 for detail
**Flexi Balance
Fitness Class**
12.30pm–St Helen’s Church
Ore, 311 The Ridge
£3 (or pay what you can
with free tickets available).
eequ.org/experience/12260
Therapeutic Yoga
12.30pm–The Hastings
Centre, The Ridge
£7 All abilities wel-
come. *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: *isabelblack-
mancentre.co.uk*
Dynamic Breathwork
1.00pm–The Humble Hub,
4-5 Shepherd St
£12 Andrew Dunne *the-
humblehub.co.uk*
St Leonards’ Writers
1.00pm–St Ethelburga
Church-on-Sea, St
Saviours Rd
*stleonardswriters@
outlook.com*
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
louise@stleonards.studio
**Crochet Afternoon
Course**
2.00pm–Bus Stop Studios,
53 London Rd
With Katie Jones *busstop-
studios.com/classes*
**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:
isabelblackmancentre.co.uk
**Level 1 Class, T’ai Chi
Ch’uan : Long Yang Form**
3.00pm–The Humble Hub,
4-5 Shepherd St
£0 Christopher
Hamblin, *thehum-
blehub.co.uk*
Art Classes for Kids
4.15pm–12 Maze Hill
£12 per child–All ma-
terials included. Email
Theresa Stleonardsart
school@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: *mar-
tialartshastings.com*
Qigong with Sigrid
5.45pm–18 Silchester Rd
The Humble Heart,
Sigrid Selzer, £11 *the-
humblecollective.co.uk*
Art Classes for Adults
6.00pm–12 Maze Hill
£20 per person–All
Materials Included. Email
Theresa Stleonardsart
school@outlook.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@laughyour-
selftohealth.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*
Writing For The Stage
6.30pm–7 Trinity St
Eight-week course
exploring the art and
technique of screenwrit-
ing £220 *hastingswriter-
sworkshop.com/courses/p/
writingforthescreen*
Mixed pole fitness
6.45pm–Free Bird Fitness,
Silchester Rd, St. Leonards-
on-Sea
freebirdfitness.uk
Art Classes for Adults
7.00pm–12 Maze Hill
£13.50 per person–All
Materials Included. Email
Theresa Stleonardsart
school@outlook.com
Adult Tap Class
7.00pm–Laton Ash Dance
Centre, 18 Laton Rd
call 01424 434774 for details
**Dynamic Rhythm &
Release with Kirsty**
7.00pm–18 Silchester Rd
The Humble Heart,
MADRE, £12 *thehum-
blecollective.co.uk*
**Men’s Stretch &
Relaxation**
7.00pm–4 George St
£15. With Pip Hersee. *pip-
shastings.com*
Intermediate pole
7.00pm–The Humble Hub,
4-5 Shepherd St
£15 Active Cherry, *the-
humblehub.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*
Hand Embroidery Course
7.00pm–Bus Stop Studios,
53 London Rd
Lady B Embroidery,
also Tuesdays at
2.00pm *busstopstu-
dios.com/classes*
Aoi Bara Meditation
7.30pm–Peachy Self
Care Studio
Donation only commu-

nity meditation class.
aoibarameditation.co.uk
**Kundalini Yoga and
Meditation Class**
7.30pm–The Ballroom,
Bank Hotel & Bistro, 28-29
Grand Parade
£10. *soulpowerkun-
daliniyoga.co.uk*
**Argentine Tango
Social Dance**
8.00pm–The White Rock
Hotel, 1-10 White Rock
Downstairs bar. £8 for
dancers, £3 non-danc-
ers. *pennythepoet-
ess@yahoo.co.uk*
**Relaxation: Zoom class
with Pilates teach-
er Sally Paffard**
8.00pm -
£4. *sallypaffard@gmail.com*
Classique Pole Class
8.00pm–The Humble Hub,
4-5 Shepherd St
£15 Active Cherry, *the-
humblehub.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 *dynami-
canatomy.co.uk/yoga*
**Ashtanga Yoga –
Assisted Self Practice**
7.15am–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£15. *ashtangayoga-
hastings@gmail.com*
Wake & Flow Yoga
7.30am – on the beach op-
posite Royal Victoria Hotel
*karen@yoga-by-
the-sea.co.uk*
Circuits
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.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
Silver Swans Ballet
10.00am–Laton Ash Dance
Centre, 18 Laton Rd
call 01424 434774 for details
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 im-
pact exercise for older
adults. *lucy.jenner@
moveitorloseit.co.uk*
Open Tech Thursdays
10.00am–Observer
Building, 53 Cambridge Rd
Free community led

technology meetup 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 <i>info@artsonprescription.org</i> Pilates, Mat Based 11.00am–The Humble Hub, 4-5 Shepherd St £9.50 Sarah T, <i>the-humblehub.co.uk</i> Boxing for fun 11.45am–Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Dynamic Vinyasa 12.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square The Journaling Pharmacy 12.00pm–45 St Leonards Rd, Bexhill The Good Story Bistro, free. Other taught courses running from 20 March. get in touch <i>nicky@diamond-minds.co.uk</i> Online Vinyasa Flow with Elena Voce 12.45pm - Classes for all levels. Pay-what-you-can. <i>yogawithelenaVoce.co.uk</i> Iyengar Yoga Classes 1.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square Beginners welcome. £10 (£5 for people struggling financially). <i>howdowe-beginagain@gmail.com</i> Tai Chi 1.00pm–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Beginners Line Dance Classes 2.00pm–Pebsham Community Hub, 70 Seabourne Rd, Bexhill Contact Kerris 0748047236	8.00am–Afri-Co-Lab, 3, Marine Court Start the weekend energised and refreshed. £5 concessions <i>afri-co-lab.org</i> Pilates: Improver–Intermediate level 9.00am–The Humble Hub, 4-5 Shepherd St £10 Pilates by Sarah T, Pilates: mixed ability with Sally Paffard 9.00am - Zoom class <i>sallypaffard@gmail.com</i> Traditional Yoga 9.00am–Hornty Park Sports Complex, Bohemia Rd Intermediate class £12 Booking and details <i>ninayoga.co.uk</i> IBC Traditional Yoga 9.30am–Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Feel better with Therapeutic Movements 9.30am–Salvation Army Hall Suitable for all ages. Contact Sigrid <i>qigong-sigrid@gmail.com</i> Tiny Voices 9.30am–Stade Hall, The Stade £5 The Joy of Movement 9.30am–18 Silchester Rd The Humble Heart, Michael Bailey, £10 <i>the-humblecollective.co.uk</i> Beginners Spanish 10.00am–Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Seated Exercise Class 10.15am–Play Sport Fitness Hub, The Firs, Elphinstone Road For those who Struggle to exercise while Standing. £3.30. Booking is essential <i>eequ.org/experience/7024</i> Mindful Yoga 10.30am–Royal Victoria Hotel, Marina <i>zowie@stleonards.studio</i> Classical Yoga 10.30am–The Humble Hub,	4-5 Shepherd St £10 Kate Shaw, <i>thehumblecollective.co.uk</i> Move it or Lose It Fitness Class 11.00am–Play Sport Fitness Hub, The Firs, Elphinstone Rd £3 (or pay what you can with free tkts also available) Art Classes for Adults 11.00am–12 Maze Hill £13.50 per person–All Materials Included. Email Theresa Stleonardsart <i>school@outlook.com</i> Conversational Spanish 11.00am–Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Breathe Better 11.00am–Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: <i>isabelblackmancentre.co.uk</i> Yin Yoga 11.30am–Hornty Park Sports Complex, Bohemia Rd Floor-based yoga for all abilities. £7 Bookings: <i>ninayoga.co.uk</i> Slow & Steady Mobility 1.00pm–Isabel Blackman Centre, Winding St Easy and accessible Standing workout. Register at: <i>isabelblackmancentre.co.uk</i> 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 <i>zowie@stleonards.studio</i> or visit <i>stleonards.studio</i>. Table Tennis 2.30pm–Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i>	Senior Strength 3.00pm–Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: <i>isabelblackmancentre.co.uk</i> Kids Circus 4.15pm–Free Bird Fitness, Silchester Rd, St. Leonards-on-Sea <i>freebirdfitness.uk</i> Shakti, Stillness, Sound 5.30pm–The Humble Hub, 4-5 Shepherd St Seraphina Bianconi, £20 <i>thehumblecollective.co.uk</i> Beginner aerial skills 5.30pm–Free Bird Fitness, Silchester Rd, St. Leonards-on-Sea <i>freebirdfitness.uk</i> Martial Arts Free Trial Lesson 5.45pm–Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: <i>martialartshastings.com</i> Old Town Yoga 6.00pm–Stade Hall, The Stade £9. Book at <i>old-townyoga.co.uk</i> Yin Yoga & Sound Healing 6.00pm–18 Silchester Rd The Humble Heart, Katherine Salter, £12 <i>thehumblecollective.co.uk</i> Beginners Creative Writing Group 6.15pm–Clifton Centre, 1 and 2 Stainsby St Contact: <i>info@thecliftoncentre.com</i> for details Improvers Aerial Hoop 6.45pm–Free Bird Fitness, Silchester Rd, St. Leonards-on-Sea <i>freebirdfitness.uk</i> Adult Ballet 7.00pm–Laton Ash Dance Centre, 18 Laton Rd call 01424 434774 for details Spiritual & Psychic, Personal Development Circle 8.00pm–The Humble Hub, 4-5 Shepherd St Mel & Jo, £12 Heels Choreo Class	8.00pm–Free Bird Fitness, 2c Silchester Rd, St. Leonards-on-Sea £12 To attend, please email <i>megwestpfel@gmail.com</i>	Saturdays Zoom Hatha Yoga 9.00am - Online only. Pranayama, practice and relaxation, video available. Contact: <i>louiselovesyoga@gmail.com</i> Dynamic Sunset Flow with Kirsty 9.00am–18 Silchester Rd The Humble Heart, MADRE SL, £12 <i>thehumblecollective.co.uk</i> Power Sunrise Flow 9.00am–The Bank Hotel & Bistro, 28-29 Grand Parade With Hannah Almond Barr £9 <i>madre-sl.com</i> Pure Stretch 9.15am–Isabel Blackman Centre, Winding St All abilities Stretching class. Register: <i>isabelblackmancentre.co.uk</i> Aerobic class 9.30am–The Humble Hub, 4-5 Shepherd St Jensy Azucena, £8.00, alternate weeks Art Classes for Kids 10.00am–12 Maze Hill £12 per child–All materials included. Email Theresa Stleonardsart <i>school@outlook.com</i> Strong Yoga with Lucy 10.00am - Morning Yoga via Zoom. <i>lamiles@hotmail.co.uk</i> Morning Flow Yoga 10.00am–Bank House, 144 London Rd Ease into your week-end with some mindful movement and breath-work. More info: <i>yoga-by-the-sea.co.uk</i> Developing Your Craft (online) 10.00am–7 Trinity St Eight-week writers workshop programme exploring elements of writing craft and technique £199 <i>hastingswritersworkshop.com/courses/p/develop-</i>	<i>ingyourcraftonline</i> Martial Arts Free Trial Lesson 10.00am–Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking: <i>martialartshastings.com</i> “Let It Flow”–all level Vinayasa Flow Yoga 10.30am–18 Silchester Rd The Humble Heart, James Loosemore, £10 <i>thehumblecollective.co.uk</i> Beginners Weight Training 10.30am–Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Beginner aerial hoop 10.30am–Free Bird Fitness, Silchester Rd, St. Leonards-on-Sea <i>freebirdfitness.uk</i> Intermediate French 11.00am–Isabel Blackman Centre, Winding St Register for class at: <i>isabelblackmancentre.co.uk</i> Yoga Flow 11.30am–Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.45am–12 Maze Hill £20 per person–All Materials Included. Email Theresa Stleonardsart <i>school@outlook.com</i> Women’s Untamed Body Deep Dive 1.00pm–18 Silchester Rd The Humble Heart, Seraphina Bianconi, £50 <i>thehumblecollective.co.uk</i> Gong Bath Sessions 2.00pm–Four Courts Wellbeing Hub, Sydney Cl Find out more via GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083. Rebirthing Breathwork Group Session 7.30pm–18 Silchester Rd The Humble Heart, Andrew Dunne, £20 <i>thehumblecollective.co.uk</i>
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Confessional and Understated: Hayley Savage

The new, eponymous album by Hayley Savage is a collection of songs written between 2011 and 2021. Due for release on 11 April, it's a minimalist and organic mixture of folk, Americana and indie. Recorded between the studio and Hayley's home in Hastings, the album is produced by Hayley herself, along with the well-known mixing and mastering engineer, John Nicholls.

Together they have elicited a classic sound that honours Hayley's love of warm group harmonies. "Imagine rays of light" she suggests, "shining through a dusty attic room, and you'll begin to get a feel for the atmosphere." She draws on various musical influences: J. Tillman, Elliott Smith, Sandy Denny, Simon and Garfunkel, among others. Single releases *Lamplight* and *Everything* brood over dark themes, yet are musically reaffirming, and her songs are time capsules which contain her deepest joy and deepest sorrow: they express the way that life itself consists of both the light and the dark.

Hayley is a folk singer and guitarist with distinctively pure vocals,

known for her highly personal songwriting. At the age of 29, she moved to The Netherlands, where she began writing for the album and performing in Den Bosch, with the support of her local record store. Returning to the UK, she formed an Americana duo, Grand Palace, in Brighton. In 2016 she returned to her hometown, Hastings, where she made her first home recordings and performed as a support band at The De La Warr Pavilion.

There are fifteen years between her first album, *The Daisy Room*, and this album. More than a break of silence, it is a musical and lyrical burst of expression. Hayley is back, along with her full creative spirit. *Americana UK* describes the album as "intimate and authentic...an album that lingers - not just in melody, but in feeling - long after the final note fades."



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