

Friday 23 to Thursday 5 June 2025

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

The HIP List

sponsored by


KILEY'S KARPETS
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A participant in the recent 'Distinguished Gentleman's Ride', which saw sartorially elegant riders and classic motorcycles from across East Sussex and beyond travel from Hastings to Eastbourne and back to raise funds for men's mental health and prostate cancer treatment.

**Hastings
Independent**



MUSIC

Friday 23 May
Let's Get it Together Festival
Friday 23 May–White Rock Theatre, White Rock
3 days, 9 venues, 40+ DJs with headliner Omar on Sunday. Tickets on Eventbrite

Lottery Winners + Crystal Tides
7.00pm–De La Warr Pavilion, Marina, Bexhill
Manchester indie pop group

Abba Nation
7.30pm–Henry Ward Hall, 45 Robertson St
Abba Nation at Henry Ward Hall event tickets from TicketSource

Sisters Doll
7.30pm–The Carlisle, 24 Pelham St
Australian glam rock, with support from Kit Trigg

Klub Klang #2
8.00pm–The Piper, 1 Norman Rd
3 live bands and DJs until 2am, with Bexhill/Brighton alt rock trio Big Reference

Jack Beattie Jazz Trio
8.30pm–Barnaby's Lounge, 46 Robertson St
Playing contemporary jazz, Beatles and American Songbook tunes

Caboose
8.30pm–The Jenny Lind Inn, 69 High St
Folk and country group

Saturday 24 May
Drive By Kitts
2.30pm–Tough Love St Leonards, 73 Bohemia Rd
Brighton grunge band

Saints on Sea
4.00pm–Barnaby's Lounge, 46 Robertson St
3-part harmony group

The Singing Loins
7.00pm–The Jenny Lind Inn, 69 High St
Medway delta blues-folk

The Charlemagnes + De Crâne & Wave Machine
7.30pm–The Pig, 37 White Rock
Punk, garage rock and surf-grunge

Day and the Night Shift
8.30pm–Barnaby's Lounge, 46 Robertson St
8-piece funk band

Sunday 25 May
Jazz Tribe
1.30pm–Barnaby's Lounge, 46 Robertson St
Quintet playing jazz, bossa and popular tunes

Llama Legs
4.00pm–The Jenny Lind Inn, 69 High St
Hastings Rock

Radio–Rockfest
4.00pm–The Carlisle, 24 Pelham St
4 bands–Gallows Circus, Zo and a Rogue, Grace & Danger, and Stealer

Adam Phillips
4.30pm–Barnaby's Lounge, 46 Robertson St
Violinist–direct descendant of Scottish fiddler William Marshall

Monday 26 May
Bite the Bullet
3.00pm–The Carlisle, 24 Pelham St
Hard rock covers

Glitterbombs + Antifa Supersoldier & Scimitars
5.00pm–The Pig, 37 White Rock
Brighton violin punks

Wednesday 28 May
Kelley Swindal
7.00pm–The Jenny Lind Inn, 69 High St
Country songwriter from Georgia, USA

The Manfreds
7.30pm–White Rock Theatre, White Rock

Throwing Muses: Moonlight Concessions
8.00pm–White Rock Theatre, White Rock

Thursday 29 May
Jack Hayter + Jude Montague
7.00pm–Barnaby's Lounge, 46 Robertson St
Lapsteel guitarist and folk songwriter

Laura Cortese and Bert Ruymbeek
8.00pm–White Rock Theatre, White Rock

Friday 30 May
Laura Cortese and Bert Ruymbeek
10.30am–White Rock Theatre, White Rock

Jessica
6.30pm–Barnaby's Lounge, 46 Robertson St
Soul and R&b

Backroom Recording Sessions: Woodpig
7.30pm–The Pig, 37 White Rock
Live recording of local indie folk and Americana artists. Support from Silver Hum and Clara

Day and The Night Shift
7.30pm–The Piper, 1 Norman Rd
Blues, funk and soul

First Form, Rigamortis & Hybrid Kid
7.30pm–The Carlisle, 24 Pelham St
Pop punk and garage rock

Barry McCormack & Tom Remon
8.30pm–Barnaby's Lounge, 46 Robertson St

Saturday 31 May
With a Little Bit of Brunch
11.30am–Blackbox

Hastings, 10 George St
Garage and club classics til 6pm, with bottomless brunch

Frank From Blue Velvet
2.30pm–Tough Love St Leonards, 73 Bohemia Rd
Hastings country punk noir

Amber Shift Duo
4.00pm–Barnaby's Lounge, 46 Robertson St
Maverick World music

Benoit Viellefon and the Hot Club
7.00pm–Henry Ward Hall, 45 Robertson St
1920s-40s European Jazz and swing
Tickets: [benoit-viellefon-live.designmynight.com/](#)

Jerry Lease
7.00pm–The Jenny Lind Inn, 69 High St
Rockabilly from Rouen

Country Superstars
7.30pm–White Rock Theatre, White Rock
Dolly Parton and Friends Tribute Show.

Spill + support
8.00pm–The Pig, 37 White Rock
Brighton grunge with support from Hastings trio Lazarus Lake and post grunge songwriter Demsey

Swell Maps + BEAU
8.00pm–The Piper, 1 Norman Rd
70s punks

Band Bang Firecracker
9.00pm–The Carlisle, 24 Pelham St

Sean Fennessey and the High Hopes
9.00pm–Tin Tins, 21 Robertson St

1066 Battle of the Mics
10.00pm–Blackbox Hastings, 10 George St
DnB sets from Dreadnaught, DJ Logie and Beka, plus an MC battle

Sunday 1 June
Donna Canale & Bruce Knapp
1.30pm–Barnaby's Lounge, 46 Robertson St
Vocal jazz and swing

Jamie Smart
4.00pm–Porters, 56 High St

Acoustic Joes
4.30pm–Barnaby's Lounge, 46 Robertson St
Evergreen covers

Chantel McGregor
7.30pm–The Carlisle, 24 Pelham St
Blues rock guitarist

Tuesday 3 June
Rumkicks + Hastings Punk Choir
8.00pm–The Jenny Lind Inn, 69 High St
Korean all-female punk band

Thursday 5 June
One Night of Adele

7.30pm–White Rock Theatre, White Rock

WEEKLY MUSIC

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.

The Jam on the Hill
8.00pm–The Plough Inn, 49 Priory Rd
Bring your instrument and voice and join in!

Tuesdays
Sounds at the Hound Open Mic
7.00pm–Cactus Hound Bar, 33–35 Western Rd
Weekly Open Mic Night, hosted by Steve Didge

Open Mic
7.00pm–Barnaby's Lounge, 46 Robertson St
Every second Tuesday, hosted by NZ songwriter Konnaruchi

Iron Men of The Sea–Last Tuesday Sessions
7.30pm–The Jenny Lind Inn, 69 High St
Hypnotic folk psychedelia

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

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
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–6.00pm–Barnaby's Lounge, 46 Robertson St
A monthly afternoon of music and comedy

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

PERFORMANCE

Friday 23 May
Catch a Sea Star (Baby Opera)
10.30am–Battle Methodist Church, Emmanuel Centre, Harrier Ln

Bexhill Live! Stand-Up Comedy for Bexhill Festival
8.00pm–De La Warr Pavilion, Marina, Bexhill
Tickets: Bexhill FEASTival and Promenade Market

The Forbidden Fruit Cabaret: Lady Imelda
9.30pm–The Forbidden Fruit, 22 Grand Parade

Saturday 24 May
The Forbidden Fruit Cabaret: Just May
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 25 May
Iago Banet–The Galician King of Acoustic Guitar
3.00pm–Kino-Teatr, 43-49 Norman Rd

Thursday 29 May
The Dinosaur that Pooped: A Rock Show!
12.30pm, 3.30pm–White Rock Theatre, White Rock

Tales from Wales
7.30pm–The Stables Theatre, The Bourne

Sounds St Leonards Concerts: Laura Cortese

& Bert Ruymbeek (Violin & Accordion)
8.00pm–White Rock Theatre, White Rock

Friday 30 May
Sounds St Leonards Concerts: Laura Cortese & Bert Ruymbeek (Violin & Accordion)
10.30am–White Rock Theatre, White Rock

Macbeth
7.00pm–Fairlight Hall, Martineau Ln, Fairlight

Tales from Wales
7.30pm–The Stables Theatre, The Bourne

Julian Clary: A Fistful of Clary
7.30pm–De La Warr Pavilion, Marina, Bexhill

The Forbidden Fruit Cabaret: Drag with No Name
9.30pm–The Forbidden Fruit, 22 Grand Parade

Saturday 31 May
Macbeth
7.00pm–Fairlight Hall, Martineau Ln, Fairlight
Exceptional Outdoor Theatre

Tales from Wales
7.30pm–The Stables Theatre, The Bourne

The Forbidden Fruit Cabaret: Cherry Liquor
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 1 June
Coffee Concert: Evgenia Startseva (piano) & Michał Ćwizewicz (violin)
11.00am–Kino-Teatr, 43-49 Norman Rd
Programme: Schubert, Brahms

The Enchanted Princess Ball
1.00pm–White Rock Theatre, White Rock

Macbeth
4.00pm–Fairlight Hall, Martineau Ln, Fairlight
Exceptional Outdoor Theatre

Tuesday 3 June
The Metropolitan Opera–Il Barbiere di Siviglia
7.15pm–Kino-Teatr, 43-49 Norman Rd

St Leonards Concerts–Paolo Pandolfo
7.30pm–Christ Church St Leonards on Sea, Silchester Rd

Thursday 5 June
NT Live: A Streetcar Named Desire
7.00pm–Kino-Teatr, 43-49 Norman Rd

Royal Philharmonic Orchestra Play Tchaikovsky
7.30pm–De La Warr Pavilion, Marina, Bexhill

WEEKLY PERFORMANCE

Wednesdays
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.

Fridays
Hastleons present Everybody's Talking About Jamie
7.30pm–White Rock Theatre, White Rock
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

Saturdays
Hastleons present Everybody's Talking About Jamie
2.30pm, 7.30pm–White Rock Theatre, White Rock

CINEMA

Friday 23 May
The Friend
3.00pm, 7.30pm–Kino-Teatr, 43-49 Norman Rd
Slade in Flame
7.30pm–Electric Palace, 39A High St

Saturday 24 May
Wind, Tide & Oar–Encounters with Engineless Sailing
12.00pm, 3.00pm, 7.30pm–Kino-Teatr, 43-49 Norman Rd
Airplane! + Mr. Benelux Comedy Intro
7.30pm–Electric Palace, 39A High St

Sunday 25 May
Michelangelo: Love & Death
11.00am–Electric Palace, 39A High St
Slade in Flame
3.00pm–Electric Palace, 39A High St
B Movie Fan Club: The Brainiac
7.30pm–Electric Palace, 39A High St

Wednesday 28 May
The Friend
7.30pm–Kino-Teatr, 43-49 Norman Rd

Thursday 29 May
Riefenstahl
3.00pm–Kino-Teatr, 43-49 Norman Rd

Club Cinoche: Micmacs
7.00pm–Electric Palace, 39A High St
Riefenstahl
7.30pm–Kino-Teatr, 43-49 Norman Rd

Friday 30 May
Kino-Teatr 80s Weekend: Purple Rain
3.00pm–Kino-Teatr, 43-49 Norman Rd
I Get Knocked Down: The Remarkable Story of Chumbawamba + Q&A
7.30pm–Electric Palace, 39A High St
Kino-Teatr 80s Weekend: True Stories
7.30pm–Kino-Teatr, 43-49 Norman Rd

Saturday 31 May
Kino-Teatr 80s Weekend: Desperately Seeking Susan
3.00pm–Kino-Teatr, 43-49 Norman Rd

Sunday 1 June
Kino-Teatr 80s Weekend: Purple Rain
2.00pm–Kino-Teatr, 43-49 Norman Rd
The Conversation–A Tribute to Gene Hackman
3.00pm–Electric Palace, 39A High St

Wednesday 4 June
No Other Land
7.30pm–Kino-Teatr, 43-49 Norman Rd

Thursday 5 June
Ocean–with David Attenborough
11.00am–Electric Palace, 39A High St
The Brutalist
7.30pm–Electric Palace, 39A High St

WEEKLY CINEMA

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

Wednesdays
Battle Community Cinema: A Complete Unknown
7.30pm–Battle Memorial Hall, 81 High St

ART

All Good Things are Wild and Free–Adam Wood
Until 29 May
Cake Room, Robertson St
Art of Change–Syd Shelton
Until 31 May
Lucy Bell Gallery,

Norman Rd
Automata @ The Museum
Until 8 June
Hastings Museum and Art Gallery, Bohemia Rd
Bexhill Artists' Workspace Art Exhibition
24 until 26 May
De La Warr Pavilion, Bexhill
Nigel Caple–The Tokaido: Visions of the Eastern Sea Road
Until 2 June
The Crown, All Saints St
East Sussex Art Club Exhibition
Until 28 May
Stade Hall, The Stade
Hastings Arts Forum Spring Show
Until 25 May
Hastings Arts Forum, Marine Court
Mike Hatchard–Billies Bounce
Until 31 May
Stables Theatre Gallery, The Bourne
Celia Hempton–OceanTerminal
Until 26 July
Flatland Projects. 22 Beeching Rd. Bexhill
Ikons
Until 31 May
Lucy Bell Gallery, Norman Rd
Jaki Irvine: SSH OW
Until 26 May
De La Warr Pavilion, Bexhill
Looking Back–20th Century Figurative Oil Paintings
Ongoing
Baker Mamonova Gallery, Kino Teatr, Norman Rd
The Parkin Lot–Molly, Sophie, Carson
Until 15 June
Rogue Gallery, Norman Rd
Pearls of the Sea–Landing Places
Until 1 June
Hastings Contemporary, The Stade
Greg Peck Photographic Exhibition
Until 2 June
The Crown, All Saints St
Railway 200
Until 29 June
Hastings Museum and Art Gallery
Michelle Roberts: Red, Blue, Up
Until 1 June
De La Warr Pavilion, Bexhill
Sex and Success in Sussex (Group Show)
30 May until 1 June
Electro Studios Project Space, Seaside Rd
Smiley Fish and Cheerful Things–Group Show
28 May until 8 June
Hastings Arts Forum, Marine Court
Meet the Artists
2-4pm, 8 June

Sprung–Group Exhibition
From 9 May
Barnaby's Lounge, Robertson St
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary, The Stade
Tschabalala Self: Seated
Until 1 June 2025
De La Warr Pavilion (Lawn), Bexhill
Undersea
Until 14 September
Hastings Contemporary, The Stade

SPORT

Saturday 24 May
Tennis: The Green Ladies v East Grinstead TSR–Sussex Summer Doubles Div 4
10.30am–The Green Lawn Tennis Club, 68-70 Tower Rd W

Saturday 31 May
Cricket: Hastings & St Leonards Priory v Mayfield–Sussex Cricket League Div 2
12.30pm–Horntyte Park

ACTIVE SPORT

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

Mondays
Badminton
9.30am–Summerfields Leisure Centre, Bohemia Rd
Adult class £5.60, hosted by Cathy Bargh
freedom-leisure.co.uk
Walking Football
1.30pm–Summerfields Leisure Centre, Bohemia Rd
Voluntary donation £3 To book: eequ.org/experience/9252
Disability Cricket with Sussex Cricket
5.00pm–Horntyte Park Sports Complex, Bohemia Rd
sussexcricket.co.uk/super-1s-hub
Active Hastings

Walking Football
6.00pm–TN34 2LD, Lower Park Rd
Alexandra Park Multi-Use Games Area £2
Adults 50+ Booking eequ.org/experience/6144
Badminton
8.00pm–Summerfields Leisure Centre, Bohemia Rd
£5.60 Adults Booking freedom-leisure.co.uk
Hastings YMCA Badminton Club
8.15pm–The Y Centre, 26 St Paul's Rd
Adult club, limited spaces for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk

Tuesdays
Hastings Active Fit
11.00am–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details
Badminton
6.00pm–Summerfields Leisure Centre, Bohemia Rd
£5.60 or £4.70 with a Leisure Pass. Booking: 01424 457691
Judo with Hollington Judo Club
6.15pm–Hollington Community Centre, 1 Wishing Tree Rd N
£3.50 from reception to year 6. Contact Neil Chalcraft 07858 412184
Judo with Hollington Judo Club
7.00pm–Hollington Community Centre, 1 Wishing Tree Rd N
For children in years 7-11 contact Neil Chalcraft 07858 412184
Hastings Women's Indoor Rounders
7.30pm–The S. Leonard's Academy, Edinburgh Rd
info: hastingsrounders@gmail.com. In the Sports Hall. Booking: eequ.org/experience/4956
Judo with Hollington Judo Club
8.00pm–Hollington Community Centre, 1 Wishing Tree Rd N
£5 Adults. Contact Neil Chalcraft
Hastings YMCA Badminton Club
8.30pm–Bexhill Leisure Centre, Down Rd, Bexhill
Adult club, limited spaces for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk

Wednesdays
Badminton
9.30am–Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts

usage. Booking: freedom-leisure.co.uk
LTA Walking Tennis
11.00am–Alexandra Park Tennis Courts
£3 per session. Older people with long term health conditions. Tennis at your pace! Book: clubspark.lta.org.uk
Pickleball
3.00pm–Summerfields Leisure Centre, Bohemia Rd
£3 for all ages and abilities. Booking freedom-leisure.co.uk
Badminton
7.00pm–Summerfields Leisure Centre, Bohemia Rd
Adults £5.60 Booking freedom-leisure.co.uk
Hastings Pirates Baseball Club
7.00pm–Claremont Preparatory School, Ebdon's Hill, Westfield
Free for your first session (£6 per session after that) hastingsbaseball.co.uk
Hastings YMCA Badminton Club
7.30pm–The Y Centre, 26 St Paul's Rd
Adult club, limited spaces for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk
Men's Fitness: Strength and Conditioning
8.00pm–Broomgrove Community Centre, 85 Chiltern Dr
Broomgrove residents or £3 To book: eequ.org/experience/7974

Thursdays
Hastings Active Fit
10.30am–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details.
Fun Easy Boxing
11.45am–Isabel Blackman Centre, Winding St
isabelblackman-centre.co.uk
Short Mat Bowling
2.00pm–West Hill Community Centre, Croft Rd
£3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners.
Heart and Sole Runners
7.00pm–Grosvenor Gardens
Hastings Mixed Indoor Rounders
7.00pm–Horntyte Park Sports Complex, Bohemia Rd
info: hastingsrounders@gmail.com. In the Sports Hall downstairs. Booking: eequ.org/experience/6227
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

Badminton
8.00pm–Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-leisure.co.uk

Fridays
Adults Badminton
9.30am–Summerfields Leisure Centre, Bohemia Rd
£5.60 Details and booking: freedom-leisure.co.uk

Table Tennis
2.30pm–Isabel Blackman Centre, Winding St
Find out more: isabel-blackmancentre.co.uk or visit the centre

Barbarian Swimmers
6.00pm–Summerfields Leisure Centre, Bohemia Rd

Hastings YMCA Badminton Club
8.00pm–The Y Centre, 26 St Paul’s Rd
Members only. Booking essential £4.50 hastingsymcabadmintonclub.co.uk

EVENTS & ACTIVITIES

Friday 23 May
Bexhill FEASTival and Promenade Market
12.00pm–De La Warr Pavilion, Marina, Bexhill
Free festival with some ticketed special events: facebook.com/share/v/161ix-tu46a/?mibextid=wwxifr

Murder Mystery Supper
7.00pm–The Printworks Ltd, 14 Claremont
A 3 course meal, a murder mystery and perhaps a prize! (8) Murder Mystery Supper | Facebook

Saturday 24 May
East Sussex Arts Club Annual Exhibition & Art Sale
10.00am–Stade Hall, The Stade
Exhibition and sale of new work by local amateur and professional artists. Hours are 10am til 5pm except 1pm close on Weds 28th.

Jaki Irvine: SHWO EM TEH WAY OT GO HMOE
2.30pm–De La Warr Pavilion, Marina, Bexhill
£6, £4 or Free. Live art exhibition.

Wednesday 28 May
Family Nature Connection Day
10.00am–Intuitive Horse

New Coghurst Farm, 4NP, Ivyhouse Ln
Guided seasonal activities learning about nature and outdoor play. Tickets: Home | WILDING in the WEAL

Thursday 29 May
Holy Communion @ The Chapel of Christ’s Stillness
11.00am–Friars Hill
Holy Communion with Revd Dr Steve Chinnock–all welcome. Tranquil Getaway | The chapel of Christ’s stillness.

Women’s Voice Peer Support Group: Neurodiversity
5.30pm–10 Claremont @ The Mini Common Room

Friday 30 May
Women’s Voice Peer Support Group: Neurodiversity
10.00am–Town Hall, Queens Rd
@ Heart Community Hub

Saturday 31 May
Spiritual and Holistic Market
11.00am–Stade Hall, The Stade
Join us for a magical day filled with crystals, tarot readings, handmade crafts, and all things spiritual!

Call of the Jaguar–An Immersive Sound Journey
7.00pm–Hastings Museum & Art Gallery, John’s Place, Bohemia Rd
Tickets and info: @ the_soundapothecary

Sunday 1 June
Flying Submarines and Dragon Boats–Storytelling with Ed Boxall
2.00pm–Hastings Arts Forum, 20, Marine Court
Stories, songs and poems of miraculous sea journeys!

Kino-Teatr 80s Weekend: The Kino-Teatr 1980s Party
7.30pm–Kino-Teatr, 43-49 Norman Rd

Monday 2 June
The Goodness Collective at the Crown
10.30am–The Crown, 64-66 All Saints’ St
Free! makingyourway.co.uk

WEEKLY 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

Hastings Craft Weekend
9.30am–Observer Building, 53 Cambridge Rd

Weekly Indoor Market
10.00am–Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleo-church.co.uk

Brunch at the Beacon
10.30am–The Beacon, 67-68 St Mary’s Terrace
Homeground Kitchen’s cosy, hearty food and delicious cocktails. The first 3 Sundays of the month. Book at hgkhastings@gmail.com

Culture Club
10.45am–The Crown, 64-66 All Saints’ St
A group for grown ups who love books, podcasts, films, art & all things cultural! DM on Instagram @ cultureclub

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 craigs-cabin87@hotmail.com

Health Walk Old Town
2.00pm–The Stade, Rock-a-Nore Rd
Free one hour walk, just pop along tcv.org.uk/southeast/sussex

Backgammon Club
6.30pm–The Horse & Groom, 4 Mercatoria
All abilities welcome

Overeaters Anonymous
7.30pm–Clifton Centre, 1 and 2 Stainsby St

Pop Quiz
7.30pm–The Piper, 1 Norman Rd
Dave Valentine your Host

The Hastings and St Leonards Model Railway Club
8.00pm–Baldslow Memorial Hall, 216 Harrow Ln
hastingsmrc.org.uk

Monday Night Quiz
8.00pm–Noah’s Goat Hastings, 68 George 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
Health Walk

St Leonards Seafront
11.00am -
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

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: crewruxleys@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

Dementia Carer Support Group (carers only)
10.00am–Dennis Rankin Room, St Augustine’s Church
Every 4th Wednesday discdementiasupport.org

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

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, work space, chill-out lounge and studio for

the day! afri-co-lab.org

Dementia Carer Craft Club (for Carers only)
1.00pm–Robsack Centre, Bodiam Dr
A monthly group for carers to practice their favorite hobby and socialise

BASH Networking Event
6.00pm–Barnaby’s Lounge, 46 Robertson St
For local business-es. £7.50 ticket pp

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.

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, London Rd
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

The Barbarian Wolf Chess Club
5.15pm–The Horse &

Groom, 4 Mercatoria
Weekly chess

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

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 Town Singers
7.00pm–Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hast-ingstownsingers.co.uk

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

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
Hastings Craft Weekend
9.30am–Observer Building, 53 Cambridge Rd

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.

Weekly Indoor Market
10.00am–Saint Leonards Church Market, London Rd
stleoschurch.co.uk

Thai food at the Albert
2.00pm–The Royal Albert, 293 Battle Rd

Gravity & Grace
2.30pm–Clifton Centre, 1 and 2 Stainsby St
Alexander Technique.

Crossword Solution No 277:
Across: 1. Jo-king 3. (work) outset (list) 4. Subtle (anagram)
Down: 1. Jurors (anagram) 2. Gent-le

ST. LEONARDS CHURCH
**WEEKEND
MARKET**
stleoschurch.co.uk

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10am to 4pm

Find us at Saint Leonards Church
London Road (corner Pevensey Rd)
Saint Leonards-on-Sea TN37 6AS

Introductory talks/workshops. Suggested donation £5. For further details livingtenderly@yahoo.co.uk
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm–Clifton Centre, 1 and 2 Stainsby St
All welcome. Food. Read more at meetup.com

CLASSES & WORKSHOPS

Friday 23 May
Beginners' Watercolour Class
11.00am–The Stables Theatre, The Bourne
11am Maximum 8 participants. Adults: £15.00, Under-18: £15.00, Members: £15.00

Tuesday 27 May
Wonderful Wings Kids Workshop
10.00am–Bus Stop Studios, 53 London Rd

Wednesday 28 May
Believe in Yourself Kids Art Workshop
2.00pm–Bus Stop Studios, 53 London Rd
'Sound bath' Session with Julia Scott-Russell
4.30pm–Kino-Teatr, 43-49 Norman Rd

WEEKLY CLASSES

Sundays
Flow Into Resonance
9.00am–The Humble Heart, 18 Silchester Rd
Tamara Klien, £16 thehumblecollective.co.uk
Yoga Flow
9.15am–Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk.
Flow Into Resonance

9.30am–The Humble Heart, 18 Silchester Rd
Tamara Klien, £16 thehumblecollective.co.uk
Sunday Brunch-time Kid's Art Club
10.00am–Outside the Smokeshack, St Andrews Mews
5-10yrs. £5, drop-in or stay full 2 hours. Contact: c.hwatts.art@gmail.com
Gardening Workshop
12.00pm–161 Bexhill Rd
Monthly workshop, pay what you can afford at the Compound Community Garden.
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–The Humble Heart, 18 Silchester Rd
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–St Leonards Studio, Royal Victoria
Monthly only–contact: karen@yoga-by-the-sea.co.uk
Big Yin Energy Yoga
3.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. Find out more: madre-sl.com
Album Sharing
7.00pm–The Humble Heart, 18 Silchester Rd
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 Meditation
8.00am–The Humble Hub, 4-5 Shepherd St
Joanna Allen, £8 thehumblecollective.co.uk
Kettlebells
9.15am–Isabel Blackman Centre, Winding St
Full body strength class. Register: isabelblackmancentre.co.uk
Slow Flow Yoga (Open Level)
9.30am–St Leonards Studio, Royal Victoria

Contact: karen@yoga-by-the-sea.co.uk
Pilates: 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–The Humble Heart, 18 Silchester Rd
Michael Bailey, £10 thehumblecollective.co.uk
Cygnets Swans
9.45am–Isabel Blackman Centre, Winding St
Ballet for beginners. Register: isabelblackmancentre.co.uk
Circuits
10.00am–Isabel Blackman Centre, Winding St
Cardio and weighted exercise. Register: isabelblackmancentre.co.uk
Developing Your Craft writers workshop
10.00am–7 Trinity St
for new members–though suitable for writers of all levels of experience hastingswritersworkshop.com
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
ajwright54@yahoo.com
Tai Chi Beginners
11.00am–The Humble Hub, 4-5 Shepherd St
£10 Andy Cullen,
Yoga Over 60 – maintaining 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 busstopstudios.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: isabelblackmancentre.co.uk
Cancer Rehab
1.00pm–Isabel Blackman Centre, Winding St
Visit: isabelblackmancentre.co.uk
Malarkey Mondays–Introduction to Mosaics
1.00pm–Ore Community Centre, 455 Old London Rd
£100 block booking or £22

per session. Materials and refreshments provided.
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 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–The Humble

Heart, 18 Silchester Rd
Michael Bailey, £10 thehumblecollective.co.uk
Beginners Vinyasa Flow
6.30pm–Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Developing Your Craft writers workshop
6.30pm–7 Trinity St
for new members–though suitable for writers of all levels of experience hastingswritersworkshop.com
Pole dance
6.30pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Adult Tap Dancing
7.00pm–Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.
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 busstopstudios.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
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, thehumblecollective.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,

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
The Egyptian Room: Quantum Hypnosis Sessions
8.00am–The Humble Heart, 18 Silchester Rd
Luna Life, Georgina Ring
£150 per session thehumblecollective.co.uk
Intermediate Pilates
9.00am–Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Yang to Yin Yoga
9.00am–The Humble Heart, 18 Silchester Rd
Sally Paffett, £10 thehumblecollective.co.uk
Daoist Qi Gong
9.00am–St Leonards Studio, Royal Victoria
andreaorsoq@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 stleonardsartschool@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
Painting for Pleasure
10.00am–Stade Hall, The Stade



6

The HIP List

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KILEY'S KARPETS
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Informal class with optional tuition. Info and booking sheridan-julieann@gmail.com
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–The Humble Heart, 18 Silchester Rd
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 stleonardsartschool@outlook.com
Hot Yoga Hastings
11.00am–Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
The Snug Room: Energy Healing & Development Class, monthly
11.00am–The Humble Heart, 18 Silchester Rd
Heidi Rixon, £25 thehumblecollective.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 sueyoga1066@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–Bus Stop Studios, 53 London Rd
Lady B Embroidery. Also Wednesdays 6.30pm
Conversational French lessons
2.00pm–Ore Community Library, Old London Rd
£7 email:[\[tor.1066@gmail.com\]\(mailto:tor.1066@gmail.com\)
Hand Embroidery Afternoon Course
2.00pm–Bus Stop Studios, 53 London Rd
with Lady B Embroidery \[busstopstudios.com/classes\]\(http://busstopstudios.com/classes\)
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: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Art Classes for Adults
4.00pm–12 Maze Hill
£20 per person–All Materials Included.
Email Theresa \[stleonardsartschool@outlook.com\]\(mailto:stleonardsartschool@outlook.com\)
Ore Youth Club Sessions
4.30pm–Ore Community Centre, 455 Old London Rd
Register and find out more: \[sarah.adams@freshvisions.org.uk\]\(mailto:sarah.adams@freshvisions.org.uk\)
Level 2a Class, T'ai Chi Ch'uan : Long Yang Form
4.45pm–The Humble Hub, 4-5 Shepherd St
Chris Hamblin, POA \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
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: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Art Classes for Adults
5.00pm–12 Maze Hill
£13.50 per person–All Materials Included.
Email Theresa \[stleonardsartschool@outlook.com\]\(mailto:stleonardsartschool@outlook.com\)
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
\[freebirdfitness.uk\]\(http://freebirdfitness.uk\)
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: \[eequ.org/experience/6816\]\(http://eequ.org/experience/6816\)
Old Town Yoga
6.00pm–Stade Hall, The](mailto:french.tu-</p></div><div data-bbox=)

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
£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–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–The Humble Heart, 18 Silchester Rd
Joanna Allen, £10 thehumblecollective.co.uk
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 stleonardsartschool@outlook.com
Hand Embroidery Evening Course
7.00pm–Bus Stop Studios, 53 London Rd
with Lady B Embroidery busstopstudios.com/classes
Kadampa Buddhist Meditation Class
7.00pm–Saint Nicholas Centre, St Nicholas Centre, London Rd
£9/£7 conc. Term time only, Maitreya Kadampa Buddhist Centre meditateinsussex.org
Adult Tap Dancing
7.30pm–Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.
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–Saint Matthews Church Centre, St Matthews Church Centre, London Rd
hastingscountry-danceclub.org.uk
Therapeutic Yoga for Insomnia, 5 week course
8.15pm–The Humble Heart, 18 Silchester Rd
Karen Simnett £90 thehumblecollective.co.uk

Wednesdays
Vinyasa Flow Yoga
7.30am–The Humble Heart, 18 Silchester Rd
Kasia Hamilton, £10 thehumblecollective.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). 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
Silver Swans Ballet Classes
9.30am–Laton Ash Dance Centre, 18 Laton Rd
01424 434774 to book.
Imaginative Ballet (2-4 years)
10.00am–Mini Playhouse, 26 White Rock
£4 (after free trial). pitterpatterarts@gmail.com
The Snug Room: Psychotherapy & counselling
10.00am–The Humble Heart, 18 Silchester Rd
Katy Swoboda–£45–£75 thehumblecollective.co.uk
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 £7. Contact: catherineburnett12@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
French for Beginners Level 1
11.00am–Bus Stop Studios, 53 London Rd
With Olivier Jarré busstopstudios.com/classes
Art Classes for Adults
11.00am–12 Maze Hill
£20 per person–All Materials Included.
Email Theresa stleonardsartschool@outlook.com
Adult Tap Dancing
11.00am–Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.
Barre
11.00am–Lior Wellness Studio, 7A London Rd
A blend of ballet, barre and Pilates. No experience 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 Classes
12.00pm–Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.
Flexi Balance Fitness Class
12.30pm–St Helen's Church, Ore, 311 The Ridge
£3 (or pay what you can with free tickets available). <https://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: isabelblackmancentre.co.uk
Dynamic Breathwork
1.00pm–The Humble Hub, 4-5 Shepherd St
£12 Andrew Dunne thehumblehub.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
The Celestial Room: Massage Therapy
2.00pm–The Humble Heart, 18 Silchester Rd
Appointments 2.00-8.00pm
Rachael Welsh £60 p/hr thehumblecollective.co.uk
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 busstopstudios.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, thehumblehub.co.uk
Art Classes for Kids
4.15pm–12 Maze Hill
£12 per child–All materials included. Email Theresa stleonardsartschool@outlook.com
Star Child Mystery School
4.30pm–The Humble Hub, 4-5 Shepherd St
Natasha Saltzer, £10 thehumblehub.co.uk
Mystical Yoga at The Bale House
4.45pm–The Bale House Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight
£10. Contact: enchant-edmalas@gmail.com
Qigong with Sigrid
5.30pm–Greek Orthodox Church of Saint Mary Magdalene and Community Hall, St



Margarets Rd
Suitable for all ages.
Contact: qigongsigrid@gmail.com or 07492 209190

Martial Arts Free Trial Lesson
5.45pm–Ark Alexandra Academy(Staff entrance), Park Ave
Families welcome.
Booking required: martialartshastings.com

Qigong with Sigrid
5.45pm–The Humble Heart, 18 Silchester Rd
Sigrid Selzer, £11 thehumblecollective.co.uk

Art Classes for Adults
6.00pm–12 Maze Hill
£20 per person–All Materials Included.
Email Theresa stleonardsartschool@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@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

NAS Teen Life Programme for Parents/Carers of Autistic 10-16 yr olds
6.30pm–Hastings Town Family Hub, Waterworks Rd
Email eh.0-19parentingteam@eastssussex.gov.uk for a booking form or call 01424 725800 to register.

Mixed pole fitness
6.45pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk

Art Classes for Adults
7.00pm–12 Maze Hill
£13.50 per person–All Materials Included.
Email Theresa stleonardsartschool@outlook.com

Dynamic Rhythm & Release with Kirsty
7.00pm–The Humble Heart, 18 Silchester Rd
MADRE, £12 thehumblecollective.co.uk

Men’s Stretch & Relaxation
7.00pm–4 George St

£15. With Pip Hersee. pipshastings.com

Intermediate pole
7.00pm–The Humble Hub, 4-5 Shepherd St
£15 Active Cherry, thehumblehub.co.uk

Zumba
7.00pm–Broomgrove Community Centre, 85 Chiltern Dr
£3 or free for Broomgrove residents. To book: eequ.org/experience/6591

Adult Tap Dancing
7.00pm–Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.

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
busstopstudios.com/classes

Aoi Bara Meditation
7.30pm–Peachy Self Care Studio
Donation only community meditation class. aoibarameditation.co.uk

Kundalini Yoga and Meditation Class
7.30pm–The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. soulpowerkundaliniyoga.co.uk

Argentine Tango Social Dance
8.00pm–The White Rock Hotel, 1-10 White Rock
Downstairs bar. £8 for dancers, £3 non-dancers. pennythepoetess@yahoo.co.uk

Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm–
£4. sallypaffard@gmail.com

Classique Pole Class
8.00pm–The Humble Hub, 4-5 Shepherd St
£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

The Celestial Room: Functional Kinesiology
7.00am–The Humble Heart, 18 Silchester Rd
Appointments 7.00am-1.00pm Angela Colosi £70 p/hr thehumblecollective.co.uk

Ashtanga Yoga – Assisted Self Practice
7.15am–The Wellington Health & Wellbeing Centre, 44 Wellington Square

£15. ashtangayoga-hastings@gmail.com

Awaken & Flow Yoga
7.30am–The Humble Hub, 4-5 Shepherd St
Karen Simnett, £10 thehumblehub.co.uk

The Snug Room: Bioresonance Testing
8.00am–The Humble Heart, 18 Silchester Rd
Appointments
8.00am-8.00pm Emily Holland, £60/ £49 thehumblecollective.co.uk

Fridays

Breathe and Stretch with Karen Arthur
8.00am–Afri-Co-Lab, 3, Marine Court
£5 concessions afri-co-lab.org

Pilates: Improver–Intermediate level
9.00am–The Humble Hub, 4-5 Shepherd St
£10 Pilates by Sarah T, Pilates:mixedabilitywithSallyPaffard@gmail.com

Traditional Yoga
9.00am–Hornty Park Sports Complex, Bohemia Rd
Intermediate class
£12 Booking and details ninayoga.co.uk

IBC Traditional Yoga
9.30am–Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Feel better with Therapeutic Movements
9.30am–Salvation Army Hall
Suitable for all ages.
Contact Sigrid qigongsigrid@gmail.com

Tiny Voices
9.30am–Stade Hall, The Stade £5

The Joy of Movement
9.30am–The Humble Heart, 18 Silchester Rd
Michael Bailey, £10 thehumblecollective.co.uk

Beginners Spanish
10.00am–Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Stanislavski @The Stables Part 2
10.00am–The Stables Theatre, The Bourne
10 places only. 18+ £105

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

Mindful Yoga
10.30am–Royal Victoria Hotel, Marina
zowie@stleonards.stu-

dio.stleonards.studio

Classical Yoga
10.30am–The Humble Hub, 4-5 Shepherd St
£10 Kate Shaw, thehumblecollective.co.uk

Move it or Lose It Fitness Class
11.00am–Play Sport Fitness Hub, United Sports and Social Club, 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 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

Slow & Steady Mobility
1.00pm–Isabel Blackman Centre, Winding St
Easy and accessible standing workout. Register at: isabelblackmancentre.co.uk

FREE Mark Your Mark Workshop (0-4yrs)
2.30pm–Stade Hall, The Stade

Chair Yoga – A Supported Approach
2.30pm–St Leonards Studio, Royal Victoria
Supported yoga for those with reduced mobility. £6. Email zowie@stleonards.studio or visit stleonards.studio.

Table Tennis
2.30pm–Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk

Senior Strength
3.00pm–Isabel Blackman Centre, Winding St
Introduction to the gym facilities. Register: isabelblackmancentre.co.uk

Kids Circus
4.15pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk

Shakti, Stillness, Sound
5.30pm–The Humble Hub, 4-5 Shepherd St
Seraphina Bianconi, £20 thehumblecollective.co.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

Old Town Yoga
6.00pm–Stade Hall, The Stade
£9. oldtownyoga.co.uk

Yin Yoga & Sound Healing
6.00pm–The Humble Heart, 18 Silchester Rd
Katherine Salter, £12 thehumblecollective.co.uk

Beginners Creative Writing Group
6.15pm–Clifton Centre, 1 and 2 Stainsby St
Contact: info@thecliftontcentre.com for details

Improvers aerial hoop
6.45pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk

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
£12 To attend, please email megwestpfel@gmail.com

Saturdays

Power yoga
9.00am–The Humble Heart, 18 Silchester Rd
Hannah Almond-Barr £10 thehumblecollective.co.uk

Zoom Hatha Yoga
9.00am–
Online only. Pranayama, practice and relaxation, video available.
Contact: louiselovesyoga@gmail.com

Dynamic Sunset Flow with Kirsty
9.00am–The Humble Heart, 18 Silchester Rd
MADRE SL, £12 thehumblecollective.co.uk

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

Art Classes for Kids
10.00am–12 Maze Hill
£12 per child–All materials included. Email Theresa stleonardsartschool@outlook.com

Strong Yoga with Lucy
10.00am–

Morning Yoga via Zoom. lamiles@hotmail.co.uk

Morning Flow Yoga
10.00am–Bank House, 144 London Rd
Ease into your week-end with some mindful movement and breathwork. More info: yoga-by-the-sea.co.uk

Stanislavski @The Stables Part 2
10.00am–The Stables Theatre, The Bourne
10 places only. 18+ £105

Martial Arts Free Trial Lesson
10.00am–Ark Alexandra Academy(Staff entrance), Park Ave
Families welcome.
Booking: martialartshastings.com

“Let It Flow”–all level Vinayasa Flow Yoga
10.30am–The Humble Heart, 18 Silchester Rd
James Loosemore, £10 thehumblecollective.co.uk

Beginners Weight Training
10.30am–Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk

“Let It Flow”–all level Vinayasa Flow Yoga
10.30am–The Humble Heart, 18 Silchester Rd
James Loosemore, £10 thehumblecollective.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

Yoga Flow
11.30am–Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk

Art Classes for Adults
11.45am–12 Maze Hill
£20 per person–All Materials Included.
Email Theresa stleonardsartschool@outlook.com

Women’s Untamed Body Deep Dive
1.00pm–The Humble Heart, 18 Silchester Rd
Seraphina Bianconi, £50 thehumblecollective.co.uk

Gong Bath Sessions
2.00pm–Four Courts Wellbeing Hub, Sydney Cl
GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083.

Rebirthing Breathwork Group Session
7.30pm–The Humble Heart, 18 Silchester Rd
Andrew Dunne, £20 thehumblecollective.co.uk

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