

Friday 20 to Thursday 3 July 2025

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

The HIP List

sponsored by



Hastings
Independent



st michael's
hospice



Registered charity
no. 288462

Moonlight Walk

New 7km illuminated route,
live entertainment and more!

Early bird offer ends 30th June.

Scan here



The HIP List

sponsored by

KILEY'S KARPETS

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MUSIC

Friday 20 June
Hastings Hot Rod n Roll
6.00pm–East Hastings Sea Angling Association and Social Club, The Stade
Jet Jaguar
7.30pm–The Carlisle, Pelham St
Majesty–The Ultimate Tribute to Queen
7.30pm–White Rock Theatre
The Ghost of a Sailor's Talking Blues at The Shop
8.00pm–74 Norman Rd
W.I.T.C.H.–We Intend To Cause Havoc
8.00pm–The Piper, Norman Rd
Equatorial Group
8.30pm–The Jenny Lind Inn, High St
Rebecca Mason Jazz Trio
8.30pm–Barnaby's Lounge, Robertson St

Saturday 21 June
Wave Machine
4.00pm–Tough Love St Leonards, Bohemia Rd
Johnny Deptford–Album Release show
7.00pm–The Jenny Lind Inn, High St
Near Jazz Experience + Tim Keegan
7.30pm–Kino-Teatr, Norman Rd
Velvet Rays
8.00pm–Barnaby's Lounge, Robertson St
Haunting indie folk-pop
Beyond the Wizard's Sleeve
9.00pm–The Piper, Norman Rd

Sunday 22 June
Bjorn Dahlberg
1.30pm–Barnaby's Lounge, Robertson St
Carlisle Battle of the Bands
3.30pm–The Carlisle, Pelham St
The Long Haul
4.00pm–The Jenny Lind Inn, High St
Ciara & Charlie
4.30pm–Barnaby's Lounge, Robertson St
Maria Adriana–Echoes of Exile, the Legacy of Chilean Folk Music
7.00pm–Cumbia Kitchen, Marina

Thursday 26 June
Public Image Ltd–This is Not the Last Tour
7.30pm–White Rock Theatre
Morton Valence + O'Connell & Co
8.00pm–The Piper, Norman Rd

Friday 27 June
Spirit of Acid Jazz Rewind
8.00pm–The Piper, Norman Rd
AtlanticUS
8.30pm–Barnaby's Lounge, Robertson St
CatchMyDrift? Techno Sessions
9.30pm–The Pig, White Rock

Saturday 28 June
The Brydes
2.30pm–Tough Love St Leonards, Bohemia Rd
Disco Days
3.00pm–St. Andrews Mews, Waldegrave St
Just Landed
7.00pm–The Jenny Lind Inn, High St
Inner Terrestrials
7.00pm–The Pig, White Rock
Sanctum Sanctorium–The Dark Side of the 80s.
8.15pm–White Rock Theatre
Little Big Stone
8.30pm–East Hastings Sea Angling Association and Social Club, The Stade
Laundry Day–Midsummer of Love
9.00pm–The Piper, Norman Rd

Sunday 29 June
Barnaby's Lounge 17-Piece Big Band
1.30pm–Barnaby's Lounge, Robertson St
Lady Maisery & Jimmy Aldridge & Sid Goldsmith
8.00pm–White Rock Theatre

Tuesday 1 July
Oren Marshall Pertubando
7.30pm–East Hastings Sea Angling Association and Social Club, The Stade
Third World live at Henry Ward Hall
7.30pm–Henry Ward Hall, Robertson St

Thursday 3 July
Warmduscher + Borough Council
7.30pm–The Piper, Norman Rd

WEEKLY MUSIC

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

Mondays
The Jam on the Hill
8.00pm–The Plough Inn, Priory Rd

Tuesdays
Sounds at the Hound Open Mic
7.00pm–Cactus Hound Bar, Western Rd

Open Mic
7.00pm–Barnaby's Lounge, Robertson St
Iron Men of The Sea–Last Tuesday Sessions
7.30pm–The Jenny Lind Inn, High St
Traditional Folk Open Sessions
8.00pm–Stag Inn
Albion Skiffle Sessions
8.30pm–Albion Hastings, George St
2nd and 4th Tuesday of the month

Wednesdays
Open Mic
7.00pm–The Piper, Norman Rd
Cracklin' Griffins
7.00pm–The Seadog, Station Rd
The Other Band
8.00pm–The Dolphin Inn, Rock-a-Nore Rd
4th Wednesday of the month

Thursdays
Open Mic Night
7.00pm–The Pig's Palace, White Rock
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast DonArden
7.00pm–The White Rock Hotel
2nd Thursday of the month
Open Mic
7.45pm–The Nags Head, Gensing Rd
The Jazz Organisation
8.00pm–NUR Restaurant & Lounge, Robertson St
Shanty Night
8.30pm–The Jenny Lind Inn, High St

Fridays
Custard Caravan
4.00pm–Barnaby's Lounge, Robertson St
Once monthly
McNiff's Folk Sundowner
5.00pm–The Jenny Lind Inn, High St
Dine with Music
6.00pm–The Dolphin Inn, Rock-a-Nore Rd

Saturdays
The Coffee House Sessions
5.30pm–Hanushka Coffee, Robertson St
Punk Night
8.30pm–The Carlisle, Pelham St
Monthly

PERFORMANCE

Friday 20 June
Scene & Heard Festival: Behind the Washing Line
7.30pm–The Stables Theatre, The Bourne
With a Bit of Swagger–James Burton Meets

Marlene Dietrich (with Patricia Hartshorne)
8.00pm–Crown House, Marina
The Forbidden Fruit Cabaret: Snow White Trash
9.30pm–The Forbidden Fruit, Grand Parade

Saturday 21 June
The Astor Palm Court String Quartet
7.30pm–Battle Memorial Hall, High St, Battle
The Forbidden Fruit Cabaret: Shar Cooterie
9.30pm–The Forbidden Fruit, Grand Parade

Sunday 22 June
Coffee Concert: Holly Cullen-Davies–piano
11.00am–Kino-Teatr, Norman Rd
Hastings Sinfonia: Fiesta–Song, Music & Dance from Spain and South America
3.00pm–De La Warr Pavilion, Marina, Bexhill
Outdoor Theatre: Gentle Harry's Farm
7.30pm–Alexandra Park, St Helen's Rd
5 Mistakes that Changed History
7.30pm–White Rock Theatre, White Rock

Monday 23 June
Hastings Philharmonic: Stravinsky–L'Histoire du Soldat
7.30pm–The Stables Theatre, The Bourne

Tuesday 24 June
Anne Boleyn's Mother
7.30pm–The Stables Theatre, The Bourne

Wednesday 25 June
Square Peg
7.30pm–The Stables Theatre, The Bourne
Russell Hicks and Friends–Hastings Comedy Festival Encore
8.00pm–White Rock Theatre

Thursday 26 June
What a Gay Day–The Larry Grayson Story
7.30pm–The Stables Theatre, The Bourne

Friday 27 June
Becoming Maverick
7.30pm–The Stables Theatre, The Bourne

Saturday 28 June
The Strange Case of Dr. Jekyll and Mr. Hyde
7.30pm–The Stables Theatre, The Bourne

Sunday 29 June
Coffee Concert: Simone Alessandro Tavoni (Italy), Piano
11.00am–Kino-Teatr,

Norman Rd
Ten Minute Tales
3.00pm–The Stables Theatre, The Bourne

Tuesday 1 July
Hastings Philharmonic Orchestra Summer Concert: Sheherezade
7.30pm–White Rock Theatre
Follow the Eyes
7.30pm–The Stables Theatre, The Bourne

Wednesday 2 July
Follow the Eyes
7.30pm–The Stables Theatre, The Bourne

WEEKLY PERFORMANCE

Wednesdays
Poetry, Music and Comedy Night
8.00pm–The Dolphin Inn, Rock-a-Nore Rd

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

CINEMA

Friday 20 June
The Salt Path
3.00pm, 7.30pm–Kino-Teatr, Norman Rd
FRIGHT NIGHT: Scream + Intro from Kim Taylor-Foster
7.30pm–Electric Palace, High St

Saturday 21 June
Bridget Jones: Mad About the Boy
7.30pm–Electric Palace, High St

Sunday 22 June
E1027 Eileen Gray and The House by the Sea
11.00am–Electric Palace, High St
The Salt Path
2.00pm–Kino-Teatr, Norman Rd
Koyaanisqatsi
3.00pm–Electric Palace, High St

Thursday 26 June
Architecton
11.00am–Electric Palace, High St
The Salt Path
7.30pm–Kino-Teatr, Norman Rd
Koyaanisqatsi
7.30pm–Electric Palace, High St

Friday 27 June
The Salt Path
3.00pm, 7.30pm–Kino-Teatr, Norman Rd
Summer of Soul + glasto livestream late bar
7.30pm–Electric Palace, High St

Saturday 28 June
The Summer with Carmen + Q&A
7.30pm–Electric Palace, High St

Sunday 29 June
Summer of Soul
11.00am–Electric Palace, High St
The Salt Path
2.00pm–Kino-Teatr, Norman Rd
Monty Python and the Holy Grail + Q&A
3.00pm–Electric Palace, High St
B Movie Fan Club: The Masque of the Red Death
7.30pm–Electric Palace, High St

Wednesday 2 July
The Phoenician Scheme
7.30pm–Kino-Teatr, Norman Rd

Thursday 3 July
Riefenstahl
11.00am–Electric Palace, High St
The Phoenician Scheme
3.00pm, 7.30pm–Kino-Teatr, Norman Rd
The Summer with Carmen
7.30pm–Electric Palace, High St

WEEKLY CINEMA

Wednesdays
Battle Community Cinema Movie Screening
7.30pm–Battle Memorial Hall, High St, Battle

ART

Claudia Alarcon & Silat: Tayhim
Until 14 September
De La Warr Pavilion, Bexhill
Harry Cockburn–Glens Ravens Lemons Gorse
Until 3 July
The Crown, All Saints St
Community is a Superpower
Until 30 July
De la Warr Pavilion, Bexhill
Joseph Emilien–Living with Detritus
Until 22 June
Hastings Arts Forum, Marine Court
Female Heroes (as part of the Scene &

Heard Festival)
Until 21 June
Stables Theatre
Gallery, The Bourne
Celia Hempton–Ocean Terminal
Until 26 July
Flatland Projects. 22
Beeching Rd. Bexhill
Looking Back–20th Century Figurative Oil Paintings
Ongoing
Baker Mamonova Gallery,
Kino Teatr, Norman Rd
Garth Lewis Painting Again
Until 21 June
Project 78 Gallery,
Norman Rd
Sam McGoun–Out in the Sticks
Until 31 July
Collected Fictions,
London Rd
Railway 200
Until 29 June
Hastings Museum
and Art Gallery
Paul Shadbolt
4 July until 1 August
The Crown, All Saints St
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary,
The Stade
Supernatural–Group Exhibition
23 June until 2 August
Stables Theatre
Gallery, The Bourne
Tschabalalal Self: Seated
Until 14 September 2025
De La Warr Pavilion
(Lawn), Bexhill
Undersea
Until 14 September
Hastings Contemporary,
The Stade
Hannah Wareham–Once Upon a Place
25 June until 6 July
Hastings Arts Forum.
Marine Court
Allan Weber–My Order
Until 14 September
De La Warr Pavilion,
Bexhill

SPORT

Saturday 28 June
Cricket: Hastings & St Leonards Priory v Eastbourne–Sussex Cricket League Div 2
12.30pm–Horntye Park

ACTIVE SPORT

Sundays
Free Tennis session in the park
10.00am–Alexandra Park
Tennis Courts
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
Booking freedom-leisure.co.uk
Walking Football
1.30pm–Summerfields
Leisure Centre,
Bohemia Rd
To book: eequ.org/experience/9252
Disability Cricket with Sussex Cricket
5.00pm–Horntye
Park Sports Complex,
Bohemia Rd
sussexcricket.co.uk/super-1s-hub
Active Hastings Walking Football
6.00pm–Alexandra Park
Multi-Use Games Area,
Lower Park Rd
Booking eequ.org/experience/6144
Badminton
8.00pm–Summerfields
Leisure Centre,
Bohemia Rd
Booking freedom-leisure.co.uk
Hastings YMCA Badminton Club
8.15pm–The Y Centre, St
Paul’s Rd
Booking essential
hastingsymcabadmintonclub.co.uk

Tuesdays
Hastings Active Fit
11.00am–West St Leonards
Community Centre and
Social Club, Bexhill Rd
weststleonardsca@gmail.com
Badminton
6.00pm–Summerfields
Leisure Centre,
Bohemia Rd
Booking: 01424 457691
Judo with Hollington Judo Club
6.15pm–Hollington
Community Centre,
Wishing Tree Rd N
Up to year 6. Contact
Neil 07858 412184
Judo with Hollington Judo Club
7.00pm–Hollington
Community Centre,
Wishing Tree Rd N
For years 7-11 contact
Neil 07858 412184
Hastings Women’s Indoor Rounders
7.30pm–The St. Leonard’s
Academy, Edinburgh Rd
Booking: eequ.org/experience/4956

Judo with Hollington Judo Club
8.00pm–Hollington
Community Centre,
Wishing Tree Rd N
Adults. Contact Neil
07858 412184
Hastings YMCA Badminton Club
8.30pm–Bexhill Leisure
Centre, Down Rd, Bexhill
Adult club. Booking
essential hastingsymcabadmintonclub.co.uk

Wednesdays
Badminton
9.30am–Summerfields
Leisure Centre,
Bohemia Rd
Adults. Booking: freedom-leisure.co.uk
LTA Walking Tennis
11.00am–Alexandra Park
Tennis Courts
Tennis at your pace! Book:
clubspark.lta.org.uk
Pickleball
3.00pm–Summerfields
Leisure Centre,
Bohemia Rd
Booking freedom-leisure.co.uk
Badminton
7.00pm–Summerfields
Leisure Centre,
Bohemia Rd
Booking freedom-leisure.co.uk
Hastings Pirates Baseball Club
7.00pm–Claremont
Preparatory School,
Ebden’s Hill
Booking hastings-baseball.co.uk
Hastings YMCA Badminton Club
7.30pm–The Y Centre, St
Paul’s Rd
Adult club hastingsymcabadmintonclub.co.uk
Men’s Fitness: Strength and Conditioning
8.00pm–Broomgrove
Community Centre,
Chiltern Dr
Booking eequ.org/experience/7974

Thursdays
Hastings Active Fit
10.30am–Contact weststleonardsca@gmail.com
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 includ-
ing refreshments
Heart and Sole Runners
7.00pm–Grosvenor
Gardens
Hastings Mixed Indoor Rounders
7.00pm–Horntye
Park Sports Complex,

Bohemia Rd
Booking: eequ.org/experience/6227
Mixed Darts League
7.00pm–West St Leonards
Community Centre and
Social Club, Bexhill Rd
Contact weststleonardsca@gmail.com
Badminton
8.00pm–Summerfields
Leisure Centre,
Bohemia Rd
Booking: freedom-leisure.co.uk

Fridays
Adults Badminton
9.30am–Summerfields
Leisure Centre,
Bohemia Rd
Booking: freedom-leisure.co.uk
Table Tennis
2.30pm–Isabel Blackman
Centre, Winding St
Details: isabelblackmancentre.co.uk
Barbarian Swimmers
6.00pm–Summerfields
Leisure Centre,
Bohemia Rd
Hastings YMCA Badminton Club
8.00pm–The Y Centre, St
Paul’s Rd
Booking essential
hastingsymcabadmintonclub.co.uk

EVENTS & ACTIVITIES

Friday 20 June
The Last Hurrah
2.00pm–7.00pm–538 Old
London Rd
Linda King’s herstor-
y and archive
Funky Friday Ecstatic 5Rhythms
7.45pm–Stade Hall, The
Stade
£15, £12 concession

Saturday 21 June
Hastings Town Deal Open Day
10.00am–Priory Meadow
Shopping Centre,
Queens Rd
Join Hastings Commons
to find out more infor-
mation about our Town
Deal funded projects
Silent 80s, 90s & Noughties Silent Disco and Paint
3.00pm–The Compound,
Bexhill Rd

Thursday 26 June
Women’s Voice Peer Support Group: Neurodiversity
5.30pm–10 Claremont
@ The Mini Common Room
Pavilion Late–Collective by Bexhill College
6.30pm–De La Warr
Pavilion, Marina, Bexhill

Friday 27 June
Women’s Voice Peer Support Group: Neurodiversity
10.00am–Town Hall,
Queens Rd
@ Heart Community Hub

Saturday 28 June
Edible Open Gardens 2025
10.00am–For details and
map: towngrown.co.uk
Spiritual and Holistic Market
11.00am–4.00pm–Stade
Hall, The Stade
Free entry
St. Helen’s Woods Summer Fayre
2.00pm–Saint Helen’s
Wood
Come and help raise
funds to help protect our
ancient woodland!

Sunday 29 June
Lifted Up–Community Choir Open Workshop
1.30pm–De La Warr
Pavilion, Marina, Bexhill

Monday 30 June
The Goodness Collective at the Crown
10.30am–The Crown, All
Saints’ St
Free! makingyour-way.co.uk

Wednesday 2 July
HBMF: Kids’ Disco and Cinema Night–Wicked
4.00pm–The Oval,
Bohemia Rd
Active Arts & Friends Presents: Let’s Get Loud
7.30pm–De La Warr
Pavilion, Marina, Bexhill
A sensational evening
of comedy, film, music
and theatre. Compered
by Henning Wehn.

Thursday 3 July
HBMF: The Prom with Hastings Big Choir and Brass
5.00pm–The Oval,
Bohemia Rd
OBX Connects: The Art of Data
6.30pm–Observer
Building, Cambridge Rd

WEEKLY EVENTS

Sundays
Hastings Beach Meditation
9.00am–Hastings Motor
Boat & Yacht Club, Rock-A-
Nore Parade
40mins quiet medi-
tation on beach oppo-
site. Hastings Beach
Meditation on Fb
Weekly Indoor Market
10.00am–Saint Leonards
Church Market, London Rd
Weekly market: Stalls
still available. stleo-schurch.co.uk

Brunch at the Beacon
10.30am–The Beacon, St
Mary’s Terrace
The first 3 Sundays
of the month. Book at
hgkhastings@gmail.com
Pokemon League
1.00pm–Table Flip,
Queens Rd
Play packs for entry and
prizes to be given.

Mondays
Writing Hour
7.30am–7 Trinity St
Writers can come together
at the workshops hastings-writersworkshop.com
Volunteering: Hidden Eden Wellbeing Garden
10.15am–27 Parsons Cl
Craig’s Cabin asks for
volunteers to create a
sensory garden craigs-cabin87@hotmail.com
Health Walk Old Town
2.00pm–The Stade, Rock-a-
Nore Rd
Free one hour walk tcv.org.uk/southeast/sussex
Backgammon Club
6.30pm–The Horse &
Groom, Mercatoria
All abilities welcome
Overeaters Anonymous
7.30pm–Clifton Centre,
1 and 2 Stainsby St
The Hastings and St Leonards Model Railway Club
8.00pm–Baldslow
Memorial Hall,
216 Harrow Ln
New members welcome
hastingsmrc.org.uk
Monday Night Quiz
8.00pm–Noah’s Goat
Hastings, 68 George St
£2 p/p entry fee, prizes for
winning and losing teams.
Booking 01424 438791.

Tuesdays
Health Walk
St Leonards Seafront
11.00am–Meet at the
clock on prom – free
one hour walk 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, sew-
ing, crochet & knitting sewituesday@outlook.com
Bingo Night
7.30pm–The Dolphin Inn,
Rock-a-Nore Rd
Booking advised:
01424 434326
Sound Waves Community Choir
7.30pm–Salvation Army, St
Andrew’s Square
Free taster session.
No auditions. admin@soundwaveschoir.org.uk



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 Court & 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

Ruxley's Crew Morris
8.15pm–West Hill Community Centre, Croft Rd
Morris dancing–with a pirate twist! crewruxleys@gmail.com

Wednesdays
Writing Hour
7.30am–7 Trinity St
Writers can come together at the workshops hastings-writersworkshop.com
Conquest Green Gym
10.00am–Conquest Hospital, The Ridge
Conservation volunteering. Booking required carrie.edmonds@tcv.org.uk
Green Gym at Hastings Centre
10.00am–Hastings Centre, The Ridge
Horticultural volunteering for health, carrie.edmonds@tcv.org.uk
Health Walk
Alexandra Park
10.30am–Alexandra Park, St Helen's Rd
From Ranger's Office–free one hour walk tcv.org.uk/southeast/sussex
Community Open House
11.00am–Afri-Co-Lab, Marine Court
Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! afri-co-lab.org
BASH Networking Event
6.00pm–Barnaby's Lounge, Robertson St
For local businesses. £7.50 ticket pp
All Sorts Auction
6.30pm–West St Leonards Community Centre and Social Club, Bexhill Rd
Items accepted from 9am-1pm. Contact weststleonardsca@gmail.com to confirm
Men's Walk and Talk
7.00pm–Azur, Marina Pavillion, 44-37 Marina
Meet at Azur for a leisurely walk & chat along the seafrontFor info or to

book hannah.richards@mindcharity.co.uk
Hastings & St Leonards Women's Circle
7.00pm–Art in the Park, Arts on Prescription, Alexandra Park
Donation only. For self-identifying women rootsofreturn.org
The Class Choir
7.00pm–The Unitarian Church
Friendly, fun, uplifting
Women's choir theclaschoir@gmail.com

Thursdays
Hastings Tech Forum
9.00am–Observer Building, 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
Open Tech Thursdays
10.00am–Observer Building, Cambridge Rd
Free community led technology meetup
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
Bingo
2.00pm–West St Leonards Community Centre and Social Club, Bexhill Rd
Contact weststleonardsca@gmail.com
The Barbarian Wolf Chess Club
5.15pm–The Horse & Groom, Mercatoria
Weekly chess
Pumphouse Late Plates
6.30pm–Pumphouse Cafe and Deli, Alexandra Park
Every alternate Thursday
War Games
7.00pm–West St Leonards Community Centre and Social Club, Bexhill Rd
Contact weststleonardsca@gmail.com for details
Hastings Town Singers
7.00pm–Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir hastingtonsingers.co.uk
Pub Quiz
7.30pm–The Dolphin Inn, 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 at the workshops hastings-writersworkshop.com
Singing Down Memory Lane
10.30am–St. Augustine's Church Hall, Cooden Dr
Free singing group for people living with Dementia and their carers. Every 1st and 3rd Friday
discdementiasupport.org
Health Walk Church Wood St Leonards
10.30am–Church Wood
Meet at Nature reserve car park, free one hour walk tcv.org.uk/southeast/sussex
The Damascus Runners
11.00am–Bonjour Café, Grand Parade
Social walking group, meet on the seafront opposite
Broomgrove Youth Club Sessions
4.30pm–Broomgrove Community Centre, Chiltern Dr
sarah.adams@freshvisions.org.uk

Saturdays
Weekly 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. Find out more umbrellasussex.org.uk.
Thai food at the Albert
2.00pm–The Royal Albert, Battle Rd
Gravity & Grace
2.30pm–Clifton Centre, 1 and 2 Stainsby St
Introductory talks/workshops on the Alexander Technique. Contact Chris livingtenderly@yahoo.co.uk
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm–Clifton Centre, 1 and 2 Stainsby St
All welcome. Food sharing, meditation, drumming, singing and dancing! More at meetup.com



CLASSES & WORKSHOPS

Friday 20 June
Pilates–Dynamic
9.00am–The Humble Hub, Shepherd St
Pilates by Sarah T £10 thehumblecollective.co.uk

Saturday 21 June
108 Sun Salutations for The Summer Solstice
7.00am–The Humble Hub, Shepherd St
Karen Simnett and Rachael Voss – free thehumblecollective.co.uk
Ritual Landscapes: A Midsummer Solstice Day of Retreat & Ritual
10.00am–Intuitive Horse New Coghurst Farm, Ivyhouse Ln
£180 Ritual Landscapes. Summer Solstice WILDING in the WEAL
Character Building–A Workshop
10.00am–7 Trinity St
Hastings Writers Workshop, Novelist and screenwriter Catherine Johnson hastingswritersworkshop.com
Beginners' Watercolour Class
10.30am–The Stables Theatre, The Bourne
Adults & Under 18s
£15 No experience of drawing needed.
Your Place: Researching the History of Your Home
10.30am–Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Summer Flowers ~ Make something in porcelain with your favourite flowers
2.00pm–Liz Entage Ceramic Studio, Kings Rd
Make a gift for yourself or someone special. Return to glaze on 28 June liz@lizemtageceramics.com
Community Kirtan
7.00pm–The Humble Heart, Silchester Rd
Seraphina Bianconi thehumblecollective.co.uk
Hazeology Summer Solstice Sound Healing
7.30pm–The Humble Hub, Shepherd St
Hazel Llewellyn £20/£30 thehumblecollective.co.uk

Sunday 22 June
The 5Rhythms Dancer and The Clown
9.30am–Stade Hall, The Stade
A one day Dance and Clowning workshop £110 spunglasstheatre.com
Spiritual & Holistic Hastings Magazine
1.00pm–The Humble Hub, Shepherd St
Live event £5 thehumblecollective.co.uk
Wind Down Your Weekend
6.00pm–The Humble Heart, Silchester Rd
Kate Shaw £17 thehumblecollective.co.uk
Summer Solstice Ceremony
7.30pm–The Humble Hub, Shepherd St

Joanna Allen £10 thehumblecollective.co.uk
Tuesday 24 June
Tots Summer Term
10.00am–White Rock Theatre
£5 first session FREE
amcdonald@whiterocktheatre.org.uk

Wednesday 25 June
'Sound bath' Session with Julia Scott-Russell
4.30pm–Kino-Teatr, Norman Rd

Thursday 26 June
Drawing Life (free Art Classes for Carers and those they care for)
11.15am–De La Warr Pavilion, Marina, Bexhill
Free for carers and those they care for Email Judy on info@drawinglife.org

Saturday 28 June
Sound Healing with Crystal Singing Bowls
4.00pm–The Humble Heart, Silchester Rd
Katherine Salter £13 thehumblecollective.co.uk
Gong and Sound Bath
5.30pm–The Humble Hub, Shepherd St
Odette Kurland £20 londongong.com
Rebirthing Breathwork Group Session
7.30pm–The Humble Heart, Silchester Rd
Andrew Dunne £20 thehumblecollective.co.uk
Breathwork & Sounding
8.00pm–The Humble Hub, Shepherd St
Andrew Dunne & Juliet Russell £12 thehumblecollective.co.uk

Sunday 29 June
Healing Cave–Shamanic Gathering
9.00am–The Humble Hub, Shepherd St
Natasha Saltzer £33 thehumblecollective.co.uk
Transformational Somatic Breathwork
5.00pm–The Humble Hub, Shepherd St
Rachel Bednarski £28 thehumblecollective.co.uk
The 432hz Flow–Hatha Yoga with live instrumental soundscape
6.00pm–The Humble Heart, Silchester Rd
Karolina Rus £15 thehumblecollective.co.uk
Soundbath & Moon Meditation
7.30pm–The Humble Hub, Shepherd St
Jo Allen £15 thehumblecollective.co.uk

£5 Book FREE first session amcdonald@whiterocktheatre.org.uk

WEEKLY CLASSES

Sundays
Yoga Flow
9.15am–Isabel Blackman Centre, Winding St
Relaxing sensory class. isabelblackmancentre.co.uk.
Flow Into Resonance
9.30am–The Humble Heart, Silchester Rd
Tamara Klien, £16 thehumblecollective.co.uk
Sunday Brunch-time Kid's Art Club
10.00am–Outside the Smokeshack, St Andrews Mews
Different creative projects every week 5-10yrs. £5. Contact c.hwatts.art@gmail.com
Regency Dance Workshop
2.00pm–St Peter & St Paul Church in the Parish of St John the Evangelist, Parkstone Rd
Monthly. Contact: di-anadancer@btinternet.com
Conscious Connected Breathwork
2.00pm–The Humble Heart, 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 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, Wellington Square
Restore the nervous system £15 madre-sl.com
Album Sharing
7.00pm–The Humble Heart, Silchester Rd
Seraphina Bianconi, £15 thehumblecollective.co.uk
Dynamic Anatomy Yoga
7.00pm–West Hill Community Centre, Croft Rd
£8 BYOM dynamicanatomy.co.uk/yoga

Mondays
Monday Morning Meditation
8.00am–The Humble Hub, Shepherd St
Joanna Allen, £8 thehumblecollective.co.uk
Kettlebells
9.15am–Isabel Blackman Centre, Winding St
Full body strength class isabelblackmancentre.co.uk
Slow Flow Yoga

Crossword Solution No 279:

Across: 1. Repair 3. Seesaw 4. Replay (anagram)

Down: 1. (gene)Rous er(rand) 2. RunWay



(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, Shepherd St £10 Pilates by Sarah T, Beginners Vinyasa Flow 9.30am–Hot Yoga Hastings, 21 St Peter’s Rd hotyogahastings.co.uk Chakra Dance Meditation 9.30am–The Humble Heart, Silchester Rd Joanna Allen £10 the-humblecollective.co.uk Cygnets Swans 9.45am–Isabel Blackman Centre, Winding St Ballet for beginners isabelblackmancentre.co.uk Circuits 10.00am–Isabel Blackman Centre, Winding St Cardio and weighted exercise isabelblackmancentre.co.uk Developing Your Craft writers workshop 10.00am–7 Trinity St For new members of all levels of experience hastingswritersworkshop.com Art Classes for Adults 10.00am–St Matthew’s Church, London Rd All levels. £23 sjflack.art DIY Around Your Home 10.00am–Beeching Road Studios, 18-28 Beeching Rd, Bexhill 6 week course £160. Hastings Knitters 10.00am–White Rock Theatre, White Rock ajwright54@yahoo.com Tai Chi Beginners 11.00am–The Humble Hub, Shepherd St £10 Andy Cullen the-humblecollective.co.uk 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, 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. thechapelofchristsstillness.co.uk Silver Swans Ballet 11.00am–Isabel Blackman Centre, Winding St No experience required. Register: isabelblackmancentre.co.uk Cancer Rehab 1.00pm–Isabel Blackman Centre, Winding St Visit: <a href="http://isabelblack-</p></td><td><p>mancentre.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, Shepherd St Lee Ring thehumblecollective.co.uk LGBTQ+ social meet 2.15pm–Isabel Blackman Centre, Winding St Register 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, Old London Rd Studio 2. Contact Annie 07704 711772 Drum Club 4.15pm–West Hill Community Centre, Croft Rd £6.50 Booking essential 15–16-year-olds juliansambadrum@gmail.com Kids Aerial Hoop 4.30pm–The Humble Hub, Shepherd St £9 Samantha Beagley thehumblecollective.co.uk InnerBody Flow 4.45pm–The Humble Heart, Silchester Rd Karolina Rus £10 the-humblecollective.co.uk Beginners Pointe Class 5.30pm–Ore Community Centre, 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, Marine Court £10, £5 conc. Get your joy on with Darragh O’Leary afri-co-lab.org Qigong with Sigrid 5.45pm–The Wellington Health & Wellbeing Centre, Wellington Square Contact Sigrid qigon-sigrid@gmail.com DIY Around Your Home 6.00pm–Beeching Road Studios, Beeching Rd, Bexhill 6 week course, £160. Foundations of Yoga with Paula 6.00pm–St Leonards Studio, Royal Victoria Contact: paula@stleonards.studio Dynamic Vinyasa 6.00pm–The Humble Hub,	Shepherd St £12 Kirsty T, MADRE SL thehumblecollective.co.uk Candlelit Yoga 6.00pm–All Saints Hall, All Saints’ St oldtownyoga.co.uk The Joy of Movement 6.30pm–The Humble Heart, Silchester Rd Michael Bailey £10 the-humblecollective.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 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 martialartshastings.com Evening Crochet Course 7.00pm–Bus Stop Studios, London Rd 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, Wellington Square yeli@happiness-holistichealth.uk Mixed Ability Pole Class 7.30pm–The Humble Hub, Shepherd St £15 ActiveCherry the-humblecollective.co.uk Pole heels choreo 7.45pm–Free Bird Fitness, Silchester Rd Yang to Yin Yoga 7.45pm–The Humble Heart, Silchester Rd Hannah Almond Barr £15 thehumblecollective.co.uk Aerial Hoop Class 8.30pm–The Humble Hub, Shepherd St £15 ActiveCherry <a href="http://the-</p></td><td><p>humblecollective.co.uk Tuesdays Dynamic Vinyasa 7.30am–The Bank Hotel & Bistro, Grand Parade with Tam Klien Ashtanga Yoga–Assisted Self Practice 7.30am–The Wellington Health & Wellbeing Centre, Wellington Square £15 ashtangayogahastings@gmail.com The Egyptian Room: Quantum Hypnosis Sessions 8.00am–The Humble Heart, Silchester Rd Luna Life, Georgina Ring £150 per session the-humblecollective.co.uk Yogalates 8.00am–The Humble Heart, Silchester Rd Sally Paffett £12 the-humblecollective.co.uk Intermediate Pilates 9.00am–Isabel Blackman Centre, Winding St Register 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–Zoom sallypaffard@gmail.com Art Classes for Kids 9.15am–12 Maze Hill £12 per child stleonardsartschool@outlook.com Pilates with Lucy Paffard 9.30am–Zoom lucypaffard@gmail.com Writing Life 10.00am–DAYDREAM café & restaurant (Brunch), Robertson St 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! Beginners French 10.00am–Isabel Blackman Centre, Winding St Register isabelblackmancentre.co.uk Space & Flow Yoga 10.00am–The Wellington Health & Wellbeing Centre, Wellington Square £10 or 5 for £40 5 Rhythms Dance 10.00am–The Humble Hub, Shepherd St £15 Emma Leech the-humblecollective.co.uk 5 Rhythms Movement Metaphor 10.00am–Crown House, Marina £15 or £12 concession, £10 for beginners <a artsonprescription.org"="" href="mailto:info@</p></td><td><p>artsonprescription.org Painting for Pleasure 10.00am–Stade Hall, The Stade Informal class with optional tuition sheridan-julieann@gmail.com The Crown Knitters 10.30am–The Crown, All Saints’ St Knit lovely things to sell for local charities thecrownhastings.co.uk/events Drawing Meditation Classes 10.30am–Alexandra Park Greenhouse, St Helen’s Rd £48, including materials. Tickets at Eventbrite Dynamic Breathwork 10.30am–The Humble Heart, Silchester Rd Andrew Dunne £15 thehumblecollective.co.uk Conversational French 11.00am–Isabel Blackman Centre, Winding St Register 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 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, Silchester Rd Heidi Rixon £25 the-humblecollective.co.uk Beginners Line Dance Classes 11.15am–All Saints Hall, All Saints’ St Contact Kerris 0748047236 Matwork Pilates 12.00pm–The Humble Hub, Shepherd St Mary Boyarski £10 the-humblecollective.co.uk Needle Felt 2 1.00pm–Isabel Blackman Centre, Winding St Register isabelblackmancentre.co.uk Brain Function Fitness 1.00pm–Isabel Blackman Centre, Winding St Register isabelblackmancentre.co.uk The Snug Room 1.00pm–The Humble Heart, Silchester Rd Akashic Records, Manifestation Coaching thehumblecollective.co.uk Online Chair Yoga 2.00pm–Via Zoom sueyoga1066@gmail.com Art & Social Club 2.00pm–Isabel Blackman Centre, Winding St Register <a href="http://isabelblack-</p></td><td><p>mancentre.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 The Untamed Body 2.00pm–The Humble Hub, Shepherd St Seraphina Bianconi £15 thehumblecollective.co.uk FREE Mark Your Mark Workshop (0-4yrs) 2.30pm–Stade Hall, The Stade Weight Training Beginners 3.00pm–Isabel Blackman Centre, Winding St Register isabelblackmancentre.co.uk Art Classes for Adults 4.00pm–12 Maze Hill £20 per person–All Materials Included stleonardsartschool@outlook.com Ore Youth Club Sessions 4.30pm–Ore Community Centre, Old London Rd Register sarah.adams@freshvisions.org.uk Level 2a Class, T’ai Chi Ch’uan : Long Yang Form 4.45pm–The Humble Hub, Shepherd St Chris Hamblin, POA thehumblecollective.co.uk Knitting Yarns 5.00pm–Sugarpie Honeybuns, London Rd Rachel: 07397 794879 Traditional Yoga 5.00pm–Isabel Blackman Centre, Winding St Register isabelblackmancentre.co.uk Art Classes for Adults 5.00pm–12 Maze Hill £13.50 per person–All Materials Included 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 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 Play Sport Fitness Hub £3 or pay what you can eequ.org/experience/6816 Old Town Yoga 6.00pm–Stade Hall, The Stade
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6

The HIP List

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KILEY'S KARPETS
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£9 Book at [oldtown-yoga.co.uk](#)
Sunset Flow with Hannah
6.00pm–The Wellington Health & Wellbeing Centre, Wellington Square
£9.00 [hola@madre-sl.com](#)
Comedy Improv Drop In Class
6.00pm–Cake Room, Robertson St
£16
Vinyasa Yoga
6.00pm–The Humble Hub, Shepherd St
£10 Veronica Hare [the-humblecollective.co.uk](#)
Writing For Children with Alexis Deacon
6.30pm–7 Trinity St
Creator of Beegu and Slow Loris, [hastings-writersworkshop.com](#)
School pole flow
6.30pm–Free Bird Fitness, Silchester Rd s
[freebirdfitness.uk](#)
Silver Swans Ballet Class
6.30pm–Ore Community Centre, Old London Rd
Annie: 07704 711772
Vinyasa Flow
6.30pm–Bank House Studio–[karen@yoga-by-the-sea.co.uk](#)
Belly Dance Class
6.30pm–Stade Hall, The Stade
Cate ‘Caasi’ Brick on Facebook.
Tantra Kundalini
6.30pm–The Humble Heart, Silchester Rd
Joanna Allen £10 [the-humblecollective.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 Email Theresa [stleonardsartschool@outlook.com](#)
Hand Embroidery Evening Course
7.00pm–Bus Stop Studios, London Rd
with Lady B Embroidery [busstopstudios.com/classes](#)
Kadampa Buddhist Meditation Class
7.00pm -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 Vinyasa
7.30pm–The Humble Hub, Shepherd St
Hannah Almond Barr £12 [thehumblecollective.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 [sos.dance](#)
Country Dancing
7.45pm–St Matthews Church Centre, London Rd
[hastingscountry-danceclub.org.uk](#)
Yoga for Insomnia
8.12pm–The Humble Heart, Silchester Rd
Karen Simnett, 5 week course £75 [thehumblecollective.co.uk](#)
Therapeutic Yoga for Insomnia, 5 week course
8.15pm–The Humble Heart, Silchester Rd
Karen Simnett £90 [the-humblecollective.co.uk](#)
Heels Class
8.45pm–The Humble Hub, Shepherd St
Kornelia Koszak £15 [thehumblecollective.co.uk](#)

Wednesdays
Vinyasa Flow Yoga
7.30am–The Humble Heart, Silchester Rd
Kasia Hamilton, £10 [thehumblecollective.co.uk](#)
Yoga Flow
7.30am–The Humble Hub, Shepherd St
£10 Rachael, Elevate Yoga, [thethehumble-collective.co.uk](#)
Garuda Pilates
9.00am–The Humble Hub, Shepherd St
£10 Sally Paffard [the-humblecollective.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–Elphinstone Road [eequ.org/experience/8223](#)
Yoga & Meditation
9.30am–The Bank Hotel & Bistro, 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) [pitter-patterarts@gmail.com](#)
The Snug Room: Psychotherapy & counselling
10.00am–The Humble Heart, 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
Light refreshments & creative activities, focus on enhancing your wellbeing [info@artsonprescription.org](#)
Crowninos Kids Group
10.00am–The Crown, 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 [spanish-honseaschool@gmail.com](#)
Elemental Yoga with Catherine
10.30am–St Leonards Studio, Royal Victoria £7. Contact: [catherine-burnett12@gmail.com](#)
Aerial Yoga
10.30am–The Humble Hub, Shepherd St
£15 Samantha Jane [the-humblecollective.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, London Rd
With Olivier Jarré [busstopstudios.com/classes](#)
Art Classes for Adults
11.00am–12 Maze Hill
£20 All Materials Included, 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, London Rd
A blend of ballet, barre and Pilates [liorwellnessstudio.com](#)
Parent Toddler Singalong Session
11.30am–Early Help Keywork Service, Ocean House, London Rd
Free for children under 5
Adult Ballet Classes
12.00pm–Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book
Therapeutic Yoga
12.30pm–The Hastings Centre the Ridge, The Ridge
£7 All abilities welcome. [ninayoga.co.uk](#)
Let’s Do Lunch
12.30pm–Isabel Blackman Centre, Winding St
Home-cooked two course menu for under £10 [isa-](#)

[belblackmancentre.co.uk](#)
Legs Bums & Tums
1.00pm–Isabel Blackman Centre, Winding St
Register: [isabelblackmancentre.co.uk](#)
St Leonards’ Writers
1.00pm–St Ethelburga Church, 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, 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, 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, Shepherd St
£0 Christopher Hamblin [thehumblecollective.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, Shepherd St
Natasha Saltzer £10 [the-humblecollective.co.uk](#)
Mystical Yoga at The Bale House
4.45pm–The Bale House Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight
£10 [enchantedmalas@gmail.com](#)
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, Silchester Rd
Sigrid Selzer £11 [the-humblecollective.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, Shepherd St
£15 drop in Cherry [the-humblecollective.co.uk](#)
Hatha Yoga
6.00pm–Lior Wellness Studio, 7A London Rd with India [liorwellnessstudio.com](#)

Thursdays
Dynamic Anatomy Yoga
7.00am–West Hill Community Centre, Croft Rd
£8 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 [thehumble-collective.co.uk](#)
Ashtanga Yoga – Assisted Self Practice
7.15am–The Wellington Health & Wellbeing Centre, Wellington Square
£15 [ashtangayogahastings@gmail.com](#)
The Snug Room: Bioresonance Testing
8.00am–The Humble Heart, Silchester Rd
Appointments 8.00am-8.00pm
Emily Holland,£60/£49 [the-humblecollective.co.uk](#)
Gentle Wake Up Yoga
8.00am–St Leonards Studio, Royal Victoria
[karen@yoga-by-the-sea.co.uk](#)
Circuits
9.00am–Isabel Blackman Centre, Winding St
Register and find out more: [isabelblackmancentre.co.uk](#)
Vinyasa Flow
9.30am–St Leonards Studio, Royal Victoria
[karen@yoga-by-the-sea.co.uk](#)
Mindfulness Meditation
9.30am–The Humble Hub, Shepherd St
Rachel Gold £14 [thehumblecollective.co.uk](#)
Yoga at Hastings Contemporary
9.50am–Hastings Contemporary, Rock-a-Nore Rd
[oldtownyoga.co.uk](#)
Move It or Lose It!
10.00am–The Hastings Centre, The Ridge
also 11.15am-12.15pm.
£6 First class free.
Friendly, low impact exercise [lucy.jenner@moveitorloseit.co.uk](#)
Silver Swans Ballet Classes
10.00am–Laton Ash Dance Centre, 18 Laton Rd

01424 434774 to book
Watercolour Painting
10.00am–Stade Hall, The Stade
All levels. Info and booking [sheridanjulieann@gmail.com](#)
Circle Dancing
10.30am–Hastings Unitarian Church, 7A South Terrace
£3 Good for body, mind and spirit
Healthy Joints
10.30am–Isabel Blackman Centre, Winding St
[info@artsonprescription.org](#)
Pilates, Mat Based
11.00am–The Humble Hub, Shepherd St
£9.50 Sarah T [thehumblecollective.co.uk](#)
Boxing for fun
11.45am–Isabel Blackman Centre, Winding St
Register: [isabelblackmancentre.co.uk](#)
Clutter Club
12.00pm–The Humble Heart, Silchester Rd, [thehumblecollective.co.uk](#)
Dynamic Vinyasa
12.00pm–The Wellington Health & Wellbeing Centre, Wellington Square
The Journaling Pharmacy
12.00pm–45 St Leonards Rd, Bexhill
The Good Story Bistro, free. [nicky@diamond-minds.co.uk](#)
Acrylic Painting
12.15pm–Stade Hall, The Stade
All levels. Info and booking [sheridanjulieann@gmail.com](#)
Online Vinyasa Flow with Elena Voce
12.45pm–Zoom
All levels. Pay-what-you-can [yogawithel-enaVoce.co.uk](#)
Iyengar Yoga Classes
1.00pm–The Wellington Health & Wellbeing Centre, Wellington Square
Beginners welcome.
£10/£5 conc [howdowebeginagain@gmail.com](#)
Tai Chi
1.00pm–Isabel Blackman Centre, Winding St
[isabelblackman-centre.co.uk](#)
Beginners Line Dance Classes
2.00pm–Pebsham Community Hub, Seabourne Rd, Bexhill
Kerris 0748047236
Afternoon Knitting Course
2.00pm–Bus Stop Studios, London Rd
Harriet of FLOCK (fortnightly) [busstopstudios.com/classes](#)
FREE Mark Your Mark Workshop (0-4yrs)
2.30pm–Stade



Hall, The Stade
Yoga with Marjolyn
3.00pm–St Leonards Studio, Royal Victoria Contact 07929 577985
Writers' Cafe
3.00pm–Barnaby's Lounge, Robertson St
Info & booking: lu.ma/qwxvv9c8
Pilates (beginners)
3.00pm–Isabel Blackman Centre, Winding St isabelblackman-centre.co.uk
Art Classes for Adults
4.00pm–12 Maze Hill £20 per person–All Materials Included. Email Theresa stleonardsartschool@outlook.com
Kid's Aerial Hammocks (Age 7-13)
4.00pm–The Humble Hub, Shepherd St £9 Samantha Jane Yoga thehumblecollective.co.uk
Aerial Slings
5.00pm–The Humble Hub, Shepherd St £12 Samantha Jane thehumblecollective.co.uk
The Egyptian Room: Yoga Therapy–Yoga by The Sea
5.30pm–The Humble Heart, Silchester Rd Karen Simnett POA thehumblecollective.co.uk
Tilekiln Youth Club Sessions
5.30pm–Tilekiln Community Centre, Tilebarn Road sarah.adams@freshvisions.org.uk
Yin Yoga
5.45pm–Lior Wellness Studio, London Rd with India liorwellnessstudio.com
Kundalini Yoga & Meditation with Yeli
6.00pm–The Wellington Health & Wellbeing Centre, Wellington Square yeli@happiness-holistichealth.uk
Evening Clothes-making Course
6.00pm–Bus Stop Studios, London Rd With Anna Winston (fortnightly) busstopstudios.com/classes
Art Classes for Adults
6.15pm–12 Maze Hill £20 Weekly (excl. last Thurs of the month) Theresa stleonardsartschool@outlook.com
Samba Dance Classes for all levels
6.30pm–The Carlisle, Pelham St Upstairs, welcoming queer, trans and neurodiverse folk £8 @[Braziliantamsamba](https://www.braziliantamsamba.com)
Pole heels choreo
6.30pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk
Mandala Vinyasa

Flow (Advanced)
6.30pm–Hot Yoga Hastings, 21 St Peter's Rd hotyogahastings.co.uk
Intensive writers workshop
6.30pm–7 Trinity St For those who've either studied with us before, or have completed similar courses elsewhere hastingswritersworkshop.com
Adult Ballet Classes
7.00pm–Laton Ash Dance Centre, 18 Laton Rd Call 01424 434774 to book
Rocket Yoga
7.15pm–The Humble Heart, 18 Silchester Rd Katherine Salter £12 thehumblecollective.co.uk
Intermediate advanced pole fitness
7.35pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk
Life Drawing Music
8.15pm–Horse & Groom, Mercatoria £10 Sketching musicians as they play their new music live. stleonardsartschool.com
Aerial Hoop Class
9.15pm–The Humble Hub, Shepherd St £15 Cherry thehumblecollective.co.uk

Fridays
Breathe and Stretch with Karen Arthur
8.00am–Afri-Co-Lab, Marine Court Start the weekend energised and refreshed. £5 concessions afri-co-lab.org
Pilates: Improver–Intermediate level
9.00am–The Humble Hub, Shepherd St £10 Pilates by Sarah T thehumblecollective.co.uk
Pilates: mixed ability with Sally Paffard
9.00am–Zoom class sallypaffard@gmail.com
Traditional Yoga
9.00am–Horntye Park Sports Complex, Bohemia Rd, St Leonards Intermediate class £12 Booking and details ninayoga.co.uk
IBC Traditional Yoga
9.30am–Isabel Blackman Centre, Winding St Register isabelblackman-centre.co.uk
Feel better with Therapeutic Movements
9.30am–Salvation Army Hall For all ages. Sigrid qigongsigrid@gmail.com
Tiny Voices
9.30am–Stade Hall, The Stade £5
The Joy of Movement
9.30am–The Humble Heart, Silchester Rd Michael Bailey £10 thehumblecollective.co.uk

thehumblecollective.co.uk
Beginners Spanish
10.00am–Isabel Blackman Centre, Winding St Register isabelblackman-centre.co.uk
Seated Exercise Class
10.15am–Play Sport Fitness Hub, Elphinstone Road For those who struggle to exercise standing £3.30. Booking essential eequ.org/experience/7024
Mindful Yoga
10.30am–Royal Victoria Hotel, Marina zowie@stleonards.studio
Classical Yoga
10.30am–The Humble Hub, 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
Art Classes for Adults
11.00am–12 Maze Hill £13.50 All Materials Included. Email Theresa stleonardsartschool@outlook.com
Conversational Spanish
11.00am–Isabel Blackman Centre, Winding St Register isabelblackman-centre.co.uk
Breathe Better
11.00am–Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma isabelblackman-centre.co.uk
Yin Yoga
11.30am–Horntye Park Sports Complex, Bohemia Rd, St Leonards Floor-based yoga for all abilities £7 ninayoga.co.uk
Slow & Steady Mobility
1.00pm–Isabel Blackman Centre, Winding St Easy and accessible standing workout isabelblackman-centre.co.uk
The Snug Room
1.00pm–The Humble Heart, Silchester Rd Akashic Records, Manifestation Coaching thehumblecollective.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 Yoga for those with reduced mobility £6. Email zowie@stleonards.studio
Table Tennis
2.30pm–Isabel Blackman Centre, Winding St Register: isabelblackman-centre.co.uk
Senior Strength
3.00pm–Isabel Blackman Centre, Winding St

Introduction to the gym facilities isabelblackman-centre.co.uk
Kids Circus
4.15pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk
Shakti, Stillness, Sound
5.30pm–The Humble Hub, 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 Book oldtownyoga.co.uk
Yin Yoga & Sound Healing
6.00pm–The Humble Heart, Silchester Rd Katherine Salter £12 thehumblecollective.co.uk
Beginners Creative Writing Group
6.15pm–Clifton Centre, Stainsby St Contact info@the-cliftoncentre.com
Improvers aerial hoop
6.45pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk
Spiritual & Psychic, Personal Development Circle
8.00pm–The Humble Hub, Shepherd St Mel & Jo £12 thehumblecollective.co.uk
Heels Choreo Class
8.00pm–Free Bird Fitness, 2c Silchester Rd £12 To attend email megwestpfel@gmail.com

Saturdays
Yoga class
7.30am–The Humble Hub, Shepherd St JoJo Yoga £45 for 6-week term thehumblecollective.co.uk
Power yoga
9.00am–The Humble Heart, Silchester Rd Hannah Almond-Barr 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, Silchester Rd MADRE SL £12 thehumblecollective.co.uk
Pure stretch
9.15am–Isabel Blackman Centre, Winding St

All abilities stretching class isabelblackman-centre.co.uk
Aerobic class
9.30am–The Humble Hub, Shepherd St Jensy Azucena £8.00 alternate weeks
Art Classes for Kids
10.00am–12 Maze Hill £12 All materials included. 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, London Rd Mindful movement and breathwork yoga-by-the-sea.co.uk
Martial Arts Free Trial Lesson
10.00am–Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking: martialartshastings.com
Arts & Crafts Social
10.30am–His Place, Robertson St friday-ad.co.uk
“Let It Flow”–all level Vinayasa Flow Yoga
10.30am–The Humble Heart, Silchester Rd James Loosemore, £10 thehumblecollective.co.uk
Beginners Weight Training
10.30am–Isabel Blackman

Centre, Winding St Register: isabelblackman-centre.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: isabelblackman-centre.co.uk
Yoga Flow
11.30am–Isabel Blackman Centre, Winding St Register and find out more: isabelblackman-centre.co.uk
Art Classes for Adults
11.45am–12 Maze Hill £20 All Materials Included. Theresa stleonardsartschool@outlook.com
Clutter Club
12.00pm–The Humble Heart, Silchester Rd
Women's Untamed Body Deep Dive
1.00pm–The Humble Heart, Silchester Rd Seraphina Bianconi £50 thehumblecollective.co.uk
Gong Bath Sessions
2.00pm–Four Courts Wellbeing Hub, Sydney Cl, Find out more via GongVibrations1066 on Facebook
Rebirthing Breathwork Group Session
7.30pm–The Humble Heart, Silchester Rd Andrew Dunne £20 thehumblecollective.co.uk

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9th - 12th July 2025

Open 10am - 4pm. Free Entry



Weds 9th July, 6pm - Launch & performance
of the poems. Free entry.

Book online: bit.ly/3FMqVNO



Thurs 10th July, 6:30pm - Film screening:
The Encampments. Tickets £10.

Book online: bit.ly/3SO0XfO

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