

Friday 4 to Thursday 17 July 2025

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

The Hip List

sponsored by

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

The recent Brazilian Festival -
with food music and dance
at Hattons Yard, St Leonards.

**Hastings
Independent**



MUSIC

Friday 4 July
Custard Caravan Summer Surfari
4.30pm–Barnaby’s Lounge, 46 Robertson St
HBMF: House Night
5.00pm–The Oval, Bohemia Rd
Fun Fun
9.00pm–The Piper, 1 Norman Rd
Acid house and Italo disco

Saturday 5 July
HBMF: Bands!
12.00pm–The Oval, Bohemia Rd
DecFest in aid of St Michael’s Hospice
2.00pm–The Pig 37 White Rock
Free event–donations appreciated.
Bexfest
2.00pm–De La Warr Pavilion, Marina, Bexhill
Line Up
Nomad Shakes w support from Ben Maier
7.00pm–The Jenny Lind Inn, 69 High St
Funky rock & roll
Mad Professor–Dubbing Massive Attack at The Hall
7.30pm–Henry Ward Hall, 45 Robertson St
The Wailers
8.00pm–White Rock Theatre, White Rock

Sunday 6 July
Coffee Concert: Gülsin Onay (piano)
11.00am–Kino-Teatr, 43-49 Norman Rd
Hastings Philharmonic Orchestra
7.00pm–Church of St Thomas, Winchelsea, Monks’ Walk

Tuesday 8 July
Fat Tuesday Club End Of Year Showcase
6.00pm–The Piper, 1 Norman Rd
Open Jazz Jam
8.00pm–Barnaby’s Lounge, 46 Robertson St
with house band Paul Moon (drums), Andy Nunn (piano), Jo Stout (sax), Luke Hannington (bass)

Thursday 10 July
Black Foxxes
8.00pm–The Piper, 1 Norman Rd
Indie rock trio from Devon

Friday 11 July
Hits Out of Hell–The Legend of Meatloaf
7.30pm–White Rock Theatre, White Rock
Bonnie Dobson & The Hanging Stars +

Equatorial Group
8.00pm–The Piper, 1 Norman Rd
Canadian 60s folk songwriter
Sazeracs
8.30pm–The Jenny Lind Inn, 69 High St
New Orleans style horn band
Wild Combination Summer Party
9.00pm–Oscar’s on the Square, Lower Promenade Opp. Warrior Square, Grand Parade
Acid House and techno til 2am

Saturday 12 July
Sabbata
2.30pm–Tough Love St Leonards, 73 Bohemia Rd
Alt Rock from St Leonards
Punk Rawk Wrestling
7.00pm–The Masonic Hall St Leonards, E Ascent
Live bands–and wrestling! tickets via social media
@punkrawkwrestling
Fell & Folk
7.15pm–Hair And Hound, 196 Queens Rd
Kid Kapichi + Demob Happy + Murderers Are Optimists
7.30pm–De La Warr Pavilion, Marina, Bexhill
Beau Flies + Oscillator
7.30pm–Henry Ward Hall, 45 Robertson St
Punk pop
Picture Parlour + special guests
8.00pm–The Piper, 1 Norman Rd

Sunday 13 July
Jazz Breakfast at Kino with Mike Hatchard and Ray Russell (guitar)
11.00am–Kino-Teatr, 43-49 Norman Rd
Kay Iris
5.00pm–Noah’s Goat Hastings, 68 George St
Folk and country

Tuesday 15 July
The Blues Against Youth
7.30pm–The Jenny Lind Inn, 69 High St
One man folk primitivism

Wednesday 16 July
Simon&thePope ‘Avant Bavard’
6.30pm–Kino-Teatr, 43-49 Norman Rd
Drum and bass led jazz funk in the Kino’s gallery

WEEKLY MUSIC

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

Flamenco-jazz grooves

Mondays
Just Landed
7.30pm–The Jenny Lind Inn, 69 High St
Monthly residency of alien blues
Acoustic Revels at the Albert
8.00pm–Prince Albert, The, 28 Cornwallis St
The Twitten Revellers host an open folk session–second Monday each month
The Jam on the Hill
8.00pm–The Plough Inn, 49 Priory Rd
Bring your instrument and voice and join in!

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
Traditional Folk Open Sessions
8.00pm–Stag Inn
Tunes from Ireland, England, Scotland and beyond
Albion Skiffle Company
8.30pm–Albion Hastings, 33 George St
Open acoustic music session

Wednesdays
Open Mic
7.00pm–The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge
Cracklin’ Griffins
7.00pm–The Seadog, 32 Station Rd
Unplugged folk rock sessions
Dave Valentine’s Music Quiz
7.30pm–Twelve Hundred Postcards, 80 Queens Rd
Every 3rd Wednesday of the month
Folk Session at the Dolphin
8.00pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Every 3rd Wednesday of the month
Mosaic Triangle Residency
8.00pm–Barnaby’s Lounge, 46 Robertson St
Playing cool jazz, latin swing and post bop

Thursdays
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast DonArden
7.00pm–The White Rock Hotel, 1-10 White Rock
Every 2nd Thursday

of the month
Hyphae Collective
7.00pm–Barnaby’s Lounge, 46 Robertson St
Poetry & Music Jam with a houseband. Every 3rd Thursday of the month.
Open Mic Night
7.00pm–The Pig’s Palace, 37 White Rock
The Jazz Organisation
8.00pm–NUR Restaurant & Lounge, 13 Robertson St
Shanty Night
8.30pm–The Jenny Lind Inn, 69 High St
Grab a pint, grab a lyrics sheet and join in

Fridays
McNiff’s Folk Sundowner
5.00pm–The Jenny Lind Inn, 69 High St
Weekly acoustic strand with a different guest featured every Friday
Dine with Music
6.00pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Full menu plus specials. Guest singers begin from 7.30pm
The Get Down
7.00pm–The White Rock Hotel, 1-10 White Rock
Monthly Funk music event

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

PERFORMANCE

Friday 4 July
Hastings International Piano presents Picnic Weekend
7.30pm–Fairlight Hall, Martineau Ln, Fairlight
Tickets can be booked via Eventbrite
A Night of Flamenco with Jesus Olmedo & Company
7.30pm–Kino-Teatr, 43-49 Norman Rd
Rosencrantz and Guildenstern are Dead
7.30pm–The Stables Theatre, The Bourne
A Night of Flamenco with Jesus Olmedo & Company
7.30pm–Kino-Teatr, 43-49 Norman Rd

Saturday 5 July
Hastings Philharmonic Orchestra & Choir
7.00pm–Christ Church St Leonards on Sea, Silchester Rd
Summer Concert

2025. Event tickets from TicketSource
Poetry Brothel Hastings: Messy
7.30pm–The White Rock Hotel, 1-10 White Rock
Literary Cabaret with spoken word, music and burlesque.
Rosencrantz and Guildenstern are Dead
7.30pm–The Stables Theatre, The Bourne
The Forbidden Fruit Cabaret: Cassidy Connors
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 6 July
Coffee Concert: Gülsin Onay (piano)
11.00am–Kino-Teatr, 43-49 Norman Rd

Tuesday 8 July
HPO Singers: Bernstein, Britten, Janacek
1.00pm–St Clements C Of E Church, Swan Terrace, High St

Thursday 10 July
Wash Those Rags Part 1
7.30pm–Dayglo Studios, Silchester Rd
Theatre and music by Thomas BW Barron and friends. Parts 2 and 3 on 11th and 12th July respectively

Saturday 12 July
Hastings Winkle Club 125th Anniversary Proms Concert
3.00pm–90 Westfield Ln, Westfield
TESTO by Wet Mess + Afters Lounge
8.00pm–White Rock Theatre, White Rock
The Forbidden Fruit Cabaret: Cosmic
9.30pm–The Forbidden Fruit, 22 Grand Parade

Sunday 13 July
Rhythm of the Dance
7.30pm–White Rock Theatre, White Rock

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

WEEKLY PERFORMANCE

Fridays
Out of the Shadows Open Mic/ Poetry Night
7.00pm–Eat @ The Stade, 30A Rock-a-Nore Rd
All ages welcome. Co-hosted by Ed Boxall and Jemia de Blondeville. Book a slot via *edboxall.co.uk/contact* or Facebook
Late Night Karaoke
11.00pm–Barnaby’s Lounge, 46 Robertson St

CINEMA

Friday 4 July
Family Fridays: Flow
4.30pm–Electric Palace, 39A High St
S/He Is Still Her/E – The Official Genesis P-Orridge Doc
7.30pm–Electric Palace, 39A High St

Saturday 5 July
S/he is still her/e–The Official Genesis P-Orridge Doc
3.00pm–Kino-Teatr, 43-49 Norman Rd
The Phoenician Scheme
7.30pm–Kino-Teatr, 43-49 Norman Rd
Hard Truths
7.30pm–Electric Palace, 39A High St

Sunday 6 July
Riefenstahl
11.00am–Electric Palace, 39A High St
S/he is still her/e–The Official Genesis P-Orridge Doc
2.00pm–Kino-Teatr, 43-49 Norman Rd
Donkey Skin
7.30pm–Electric Palace, 39A High St

Wednesday 9 July
Dreams: music and animation inspired by Tangerine Dream
7.30pm–Electric Palace, 39A High St
The Extraordinary Miss Flower
7.30pm–Kino-Teatr, 43-49 Norman Rd

Thursday 10 July
Hard Truths
11.00am–Electric Palace, 39A High St
The Extraordinary Miss Flower
3.00pm–Kino-Teatr, 43-49 Norman Rd
The Extraordinary Miss Flower
7.30pm–Kino-Teatr, 43-49 Norman Rd
Riefenstahl
7.30pm–Electric Palace, 39A High St

Friday 11 July
Darling
3.00pm–Kino-Teatr, 43-49 Norman Rd
Monster Movie Club: Jaws (50th Anniversary)
7.00pm–The Pig 37 White Rock
The Jazz Loft According to W. Eugene Smith
7.30pm–Electric Palace, 39A High St
Darling
7.30pm–Kino-Teatr, 43-49 Norman Rd

Saturday 12 July
Tornado
3.00pm–Kino-Teatr,
43-49 Norman Rd
Tornado
7.30pm–Kino-Teatr,
43-49 Norman Rd
I am Martin Parr
7.30pm–Electric
Palace, 39A High St

Sunday 13 July
War Paint: Women at War
11.00am–Electric
Palace, 39A High St
Tornado
2.00pm–Kino-Teatr,
43-49 Norman Rd

Thursday 17 July
Four Mothers
11.00am–Electric
Palace, 39A High St

WEEKLY CINEMA

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

ART

Bus Stop Studios
Group Summer
Exhibition–‘Home’
Until end of August
Bus Stop Studios,
London Rd
Claudia Alarcon &
Silat: Tayhim
Until 14 September
De La Warr Pavilion,
Bexhill
Community is a
Superpower
Until 30 July
De la Warr Pavilion,
Bexhill
Ruth Cowell
Until 30 August
Three Legs Brewery &
Tap Room, Beeching Rd,
Bexhill (Thurs, Fri, Sat)
Jill Fermanovsky–
Oasis 1994-2009
10 July until 28 Sept
Lucy Bell Gallery,
Norman Rd
Flourish–Studio
7 Artists Group
Exhibition
9 until 20 July
Hastings Arts Forum,
Marine Court
Kathy Foley–Chasing
Celestial Fragments
Until 20 July
St. Leonard Pub, London Rd
Celia Hempton–
OceanTerminal
Until 26 July
Flatland Projects. 22
Beeching Rd. Bexhill
Looking Back–20th
Century Figurative

Oil Paintings
Ongoing
Baker Mamonova Gallery,
Kino Teatr, Norman Rd
Sam McGoun–Out
in the Sticks
Until 31 July
Collected Fictions,
London Rd
Janet Milner–How
Would You Feel if I
Did That To You
Until 19 July
Project 78 Gallery,
Norman Rd
Portraits of the Sea–
Group Exhibition
Until 20 July
The Cake Room,
Robertson St
Paul Shadbolt
Until 1 August
The Crown, All Saints St
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary,
The Stade
Supernatural–Group
Exhibition
Until 2 August
Stables Theatre
Gallery, The Bourne
Tschabalala 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
Until 6 July
Hastings Arts Forum,
Marine Court
Allan Weber–My Order
Until 14 September
De La Warr Pavilion,
Bexhill

SPORT

Saturday 5 July
Tennis: The Green Men v
Cross in Hand 3–Sussex
Summer Doubles Div 8
10.30am–The Green
Lawn Tennis Club,
68-70 Tower Rd W
Tennis: The Green Ladies
v Cross in Hand 2–Sussex
Summer Doubles Div 4
10.30am–The Green
Lawn Tennis Club,
68-70 Tower Rd W

Sunday 6 July
Tennis: Amherst Men
v Angmering on Sea
2–Sussex Summer
Doubles Div 4
10.30am–Amherst Lawn
Tennis Club, Amherst Rd

Saturday 12 July
Cricket: Hastings &
St Leonards Priory v
Preston Nomads 2–Sussex
Cricket League Div 2
12.30pm–Horntyte Park

Sunday 13 July
Tennis: Amherst Ladies
v Chichester R & F 2–
Sussex Summer Doubles
10.30am–Amherst Lawn
Tennis Club, Amherst Rd

ACTIVE SPORT

Sundays
Free Tennis ses-
sion 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 Booking
freedom-leisure.co.uk
Walking Football
1.30pm–Summerfields
Leisure Centre,
Bohemia Rd
Voluntary donation
£3 To book: eequ.org/experience/9252
Disability Cricket
with Sussex Cricket
5.00pm–Horntyte
Park Sports Complex,
Bohemia Rd, St Leonard’s
on Sea
sussexcricket.co.uk/super-1s-hub
Active Hastings
Walking Football
6.00pm–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](http://01424457691)
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](http://07858412184)
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](http://07858412184)
Hastings Women’s
Indoor Rounders
7.30pm–The St 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,
Ebden’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
isabelblackmancentre.co.uk
Short Mat Bowling
2.00pm–West Hill
Community Centre,
Croft Rd
£3 per session including re-
freshments, 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, St Leonard’s
on Sea
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

Saturdays
Hastings Mixed
Outdoors Rounders
9.30am–Sea Road
Free. Book a place at
eequ.org/book/st-leonards-old-bathing-pool-rounders-with-hastings-rounders-10730

EVENTS & ACTIVITIES

Saturday 5 July
Community ‘Market
at the Museum’
9.30am–Hastings Museum
& Art Gallery, John’s
Place, Bohemia Rd
Hike to the Mic Hiking
& Music Festival
10.00am–The Stade,
Rock-a-Nore Rd
Hiking and Music Festival
from Hastings to Tibbs
Farm in support of The
Hastings Project and
Warming Up the Homeless:
hiketothemic.co.uk

Sunday 6 July
British Cactus and
Succulent Society
Talk–Growing Cacti
10.00am–Alexandra Park
Greenhouse, St Helen’s Rd
Talk by cactus expert Alan
Bromley. Pay what you can,
suggested donation £5 via
the Eventbrite website.

Wednesday 9 July
Oh Big Blue–Exhibition
of Poetry and Art by
Palestinian Children
10.00am–Stade Hall,
The Stade
Free entry. Launch and po-
etry performance at 6pm.
Film screening of ‘The
Encampments’ at 6.30pm
on Thurs 10th, tickets £10.

Friday 11 July
60s Danceaway
12.00pm–Observer
Building, 53 Cambridge Rd

Saturday 12 July
Wimbledon Women’s
Final + Pimm’s &
Strawberries
2.00pm–Electric
Palace, 39A High St

Monday 14 July
The Goodness Collective
at the Crown
10.30am–The Crown,
64-66 All Saints’ St
Free! makingyourway.co.uk

4

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

WEEKLY EVENTS

Sundays
Hastings Beach Meditation
9.00am–Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade
40 mins of meditation on the opposite beach. Check Hastings Beach Meditation on Facebook
Weekly Indoor Market
10.00am–Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. *stleo-schurch.co.uk*
Brunch at the Beacon
10.30am–The Beacon, 67-68 St Mary’s Terrace
Homeground Kitchen’s food and delicious cock-tails. 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, pod-casts, 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 to-gether 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 create 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
Pop Quiz
7.30pm–The Piper, 1 Norman Rd
Dave Valentine your Host
Overeaters Anonymous
7.30pm–Clifton Centre, 1-2 Stainsby St
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.
The Hastings and St Leonards Model

Railway Club
8.00pm–Baldslow Memorial Hall, 216 Harrow Ln
New members welcome *hastingsmrc.org.uk*

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
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 *se-witstuesday@outlook.com*
Sound Waves
Community Choir
7.30pm–Salvation Army, 26 St Andrew’s Square
Free taster session. No auditions. *admin@soundwaveschoir.org.uk*
Bingo Night
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: 01424 434326
Ruxley’s Crew Morris
8.15pm–West Hill Community Centre, Croft Rd
Morris dancing–with a Hastings pirate twist! Contact: *crewru-xleys@gmail.com*

Wednesdays
Writing Hour
7.30am–7 Trinity St
Writers can come to-gether to write at the workshops *hastings-writersworkshop.com*
Green Gym at Hastings Centre
10.00am–The Hastings Centre, The Ridge
Horticultural volun-teering for health, *carrie.edmonds@tcv.org.uk / 07764 655609*
Conquest Green Gym
10.00am–Conquest Hospital, The Ridge
Conservation volun-teen-ing. Booking required. Contact for more details: *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*
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 lei-surely walk along the seafront with time to chat. For info or to book: *Hannah Richards hannah.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 wom-en *rootsofreturn.org*
The Stag Book Club
7.00pm–Stag Inn, 14 All Saints’ St
Come along or message if you’d like to join or want more information *staghastings.co.uk*
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*
Mosaic Triangle Jazz Residency
8.00pm–Barnaby’s Lounge, 46 Robertson St

Thursdays
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, 53 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 volun-teen-ing for health, contact *carrie.edmonds@tcv.org.uk / 07764 655609*
Bingo
2.00pm–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact *weststleonardsca@gmail.com* for details
Friendship Café
2.00pm–Hastings Court

Care Home, 314 The Ridge Support and ad-vice session for families affected by strokes. Contact: 01424 755151
The Barbarian Wolf Chess Club
5.15pm–The Horse & Groom, 4 Mercatoria
Weekly chess
Sheer Poetry
6.00pm–Twelve Hundred Postcards, 80 Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook
Pumphouse Late Plates
6.30pm–Pumphouse Cafe and Deli, Pumphouse, Alexandra Park, St Helen’s Rd
Every alternate Thursday
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
Friendly non-auditioning community choir. Free taster sessions. *hast-ingstownsing-ers.co.uk*
Hyp-hae Collective Poetry & Music Jam
7.00pm–Barnaby’s Lounge, 46 Robertson St
Poetry, musicians, sing-ers–come and collaborate!
A Load of Poets
7.30pm–Twelve Hundred Postcards, 80 Queens Rd
Poetry open mic night. Contact @loadofpo-ets on Instagram.
Pub Quiz
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Free entry plus prize mon-ey to be won!! Booking rec-ommended 01424 434326

Fridays
Writing Hour
7.30am–7 Trinity St
Writers can come to-gether to write at the workshops *hastings-writersworkshop.com*
Singing Down Memory Lane
10.30am–St. Augustine’s Church Hall, St Augustine’s Close, Cooden Dr, Bexhill
Free singing group for people with Dementia and their carers in Bexhill. 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, 13 Grand Parade
Social walking group, meet

on the seafront opposite
Dementia Carer Support Group (carers only)
11.00am–Robsack Centre, Bodiam Dr
Come for a chat and support, refreshments incl. Donations welcome. Every 2nd Friday *disc-dementiasupport.org*
Broomgrove Youth Club Sessions
4.30pm–Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev 07732 823800

Saturdays
Saturday Table Sales
9.30am–Christ Church St Leonards on Sea, Silchester Rd
First Saturday of the month
Hastings Library of Things
10.00am–Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to trombones. Find out more: *umbrellasussex.org.uk.*
Heritage Explorers
10.00am–Christ Church St Leonards on Sea, Silchester Rd
Free drop-in family art & heritage activities.
Weekly Indoor Market
10.00am–Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. *stleo-schurch.co.uk*
Monthly Vinyl Market
11.00am–The Piper, 1 Norman Rd
Thai food at the Albert
2.00pm–The Royal Albert, 293 Battle Rd
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm–Clifton Centre, 1-2 Stainsby St
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! Read more at *meetup.com*
Let’s Make Karaoke Great Again
9.30pm–The Seadog, 32 Station Rd
Every 2nd Saturday.



CLASSES & WORKSHOPS

Saturday 5 July
Relax & Renew: Free the Pelvis
3.00pm–The Humble Heart, 18 Silchester Rd
KarenSimnett £25 *the-humblecollective.co.uk*
Active Cherry Showcase
7.30pm–The Humble Hub, 4-5 Shepherd St

Cherry Ariseanu £15 *thehumblecollective.co.uk*

Sunday 6 July
Breathwork for Emotional Release
6.00pm–The Humble Hub, 4-5 Shepherd St
Heidi Dunford £20 *the-humblecollective.co.uk*

Tuesday 8 July
Tots Summer Term
10.00am–White Rock Theatre, White Rock
Price: £5 per session. To book your FREE first trial session: *amcdonald@whiterocktheatre.org.uk*
Tots Summer Term
10.45am–White Rock Theatre, White Rock
Price: £5 per session. To book your FREE first trial session: *amcdonald@whiterocktheatre.org.uk*
The Snug @ The Heart–Energy Healing & Development Class
11.00am–The Humble Heart, 18 Silchester Rd
Heidi Rixon £25 *the-humblecollective.co.uk*

WEEKLY CLASSES

Sundays
Yoga Flow
9.15am–Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: *isabelblack-mancentre.co.uk.*
Flow Into Resonance
9.30am–The Humble Heart, 18 Silchester Rd
Tamara Klien, £16 *the-humblecollective.co.uk*
Sunday Brunch-time Kid’s Art Club
10.00am–Outside the Smokeshack, St Andrews Mews
Join Charlotte CHW for different creative proj-ects every week 5-10yrs. £5, drop-in or stay full 2 hours. Contact: *c.hwatts.art@gmail.com*
Gong Bath sessions
11.00am–Hastings Unitarian Church, 7A South Terrace
Text Karen Hayler: 07986 911083
Regency Dance Workshop
2.00pm–St Peter & St Paul Church in the Parish of St John the Evangelist, Parkstone Rd
Monthly. Visit Hastings Historical Dance Group on Facebook or contact: *di-anadancer@btinternet.com*
Conscious Connected Breathwork
2.00pm–18 Silchester Rd
The Humble Heart, Angel Michaelides, £33 *the-humblecollective.co.uk*
Yin Yoga
3.00pm–Hot Yoga Hastings,

Crossword Solution No 280:

Across: 1. Hornet (anagram) 3. S-Tree-P 4. El-Even

Down: 1. (he) Has sle(ep) 2. Turpin



21 St Peter’s Rd
Mindful yoga with
mat-based pilates.
Find out more: hotyogahastings.co.uk
**Relax & Renew,
Restorative Yoga**
3.00pm–St Leonards
Studio, Royal Victoria
Monthly only–contact: karen@yoga-by-the-sea.co.uk
Big Yin Energy Yoga
3.00pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
A session designed to
restore the nervous
system. £15. Find out
more: madre-sl.com
Album Sharing
7.00pm–18 Silchester Rd
The Humble Heart,
Seraphina Bianconi, £15
thehumblecollective.co.uk
Dynamic Anatomy Yoga
7.00pm–West Hill
Community Centre,
Croft Rd
£8 drop in, £36 for six
week course, BYOM,
book online dynamicanatomy.co.uk/yoga

Mondays
**Monday Morning
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
thehumblecollective.co.uk
Beginners Vinyasa Flow
9.30am–Hot Yoga Hastings,
21 St Peter’s Rd
hotyogahastings.co.uk
Cygnets Swans
9.45am–Isabel Blackman
Centre, Winding St
Ballet for beginners.
Register: isabelblackmancentre.co.uk
Circuits
10.00am–Isabel Blackman
Centre, Winding St
Cardio and weighted
exercise. Register: isabelblackmancentre.co.uk
**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
DIY Around Your Home
10.00am–Beeching Road
Studios, 18-28 Beeching Rd,
Bexhill
6 week course, £160.
Tai Chi Beginners
11.00am–The Humble Hub,
4-5 Shepherd St
£10 Andy Cullen thehumblecollective.co.uk
**Yoga Over 60 – main-
taining movement**
11.00am–St Leonards
Studio, Royal Victoria
Contact: zowie@stleonards.studio
**Intermediate French
Course Level 1**
11.00am–Bus Stop Studios,
53 London Rd
With Olivier Jarré 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: isabelblackmancentre.co.uk
**Inclusive Dance
for Adults with
Complex Needs**
1.45pm–The Hastings
Centre, The Ridge
£5 Register dancehastings@gmail.com
Monday Meditation Circle
2.00pm–The Humble Hub,
4-5 Shepherd St
Lee Ring thehumblecollective.co.uk
LGBTQ+ social meet
2.15pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Chair Yoga
3.00pm–Isabel Blackman
Centre, Winding St
Register: 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
thehumblecollective.co.uk
Beginners Pointe Class
5.30pm–Ore Community
Centre, 455 Old London Rd
Studio 2. Contact:
Annie 07704 711772
Multi level Pilates
5.30pm–Isabel Blackman
Centre, Winding St
Register: isabelblackmancentre.co.uk
Darragh Dance
5.30pm–Afri-Co-Lab, 3,
Marine Court
£10, £5 concessions.
Get your joy on with
movement director and
choreographer Darragh
O’Leary. afri-co-lab.org
Qigong with Sigrid
5.45pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
Contact Sigrid qigon-sigrid@gmail.com
DIY Around Your Home
6.00pm–Beeching Road
Studios, 18-28 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,
4-5 Shepherd St
£12 Kirsty T, MADRE SL
thehumblecollective.co.uk
Candlelit Yoga
6.00pm–All Saints Hall, 142
All Saints’ St
oldtownyoga.co.uk
Beginners Vinyasa Flow
6.30pm–Hot Yoga Hastings,
21 St Peter’s Rd
hotyogahastings.co.uk
**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
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
Yang to Yin Yoga
7.45pm–The Humble Heart,
18 Silchester Rd
Hannah Almond Barr £15
thehumblecollective.co.uk
Aerial Hoop Class
8.30pm–The Humble Hub,
4-5 Shepherd St
£15 ActiveCherry thehumblecollective.co.uk

Tuesdays
Dynamic Vinyasa
7.30am–The Bank Hotel &
Bistro, 28-29 Grand Parade
with Tam Klien
**Ashtanga Yoga–
Assisted Self Practice**
7.30am–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£15 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
Yogalates
8.00am–The Humble
Heart, 18 Silchester Rd
Sally Paffett £12 thehumblecollective.co.uk
Intermediate Pilates
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Daoist Qi Gong
9.00am–St Leonards
Studio, Royal Victoria
andreaorsoqg@yahoo.com
**Pilates: with a roller,
with Sally Paffard**
9.00am–
Via Zoom sallypaffard@gmail.com
Art Classes for Kids
9.15am–12 Maze Hill
£12 per child–All materials
included. Email Theresa
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.
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
The Crown Knitters
10.00am–The Crown, 64-66
All Saints’ St
Weekly group who knit
lovely things to sell for lo-
cal charities thecrownhastings.co.uk/events
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
Informal class with
optional tuition. Info
and booking sheridan-julieann@gmail.com
**Drawing Meditation
Classes**
10.30am–Alexandra Park
Greenhouse, St Helen’s Rd
£48, including mate-
rials. Tickets on sale
at Eventbrite from
Friday, June 13.
Dynamic Breathwork
10.30am–18 Silchester Rd
The Humble Heart,
Andrew Dunne, £15
thehumblecollective.co.uk
Conversational French
11.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Needle Felt
11.00am–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults
11.00am–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
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
The Snug Room
1.00pm–The Humble
Heart, 18 Silchester Rd
Akashic Records,
Manifestation Coaching
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
**Conversational
French lessons**
2.00pm–Ore Community
Library, Old London Rd
£7 email: french.tutor.1066@gmail.com
**Hand Embroidery
Afternoon Course**
2.00pm–Bus Stop Studios,
53 London Rd
with Lady B Embroidery
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
Writers’ Cafe
3.00pm–Barnaby’s Lounge,
46 Robertson St
Info & booking <https://lu.ma/qwxvv9c8>
**Weight Training
Beginners**
3.00pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
**Bone Strengthening
Pilates**
3.00pm–The Humble
Heart, 18 Silchester Rd
Annie Bradbery thehumblecollective.co.uk
Writers’ Cafe
3.00pm–Barnaby’s Lounge,
46 Robertson St
book a table at lu.ma/

6

The HIP List

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writerscafe
Art Classes for Adults
4.00pm–12 Maze Hill
£20 per person–All
Materials Included.
Email Theresa
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
**Children's Aerial
Showcase Practice**
4.30pm–The Humble Hub,
4-5 Shepherd St
Samantha Beagley £9
thehumblecollective.co.uk
Knitting Yarns
5.00pm–Sugarpie
Honeybuns, 235 London Rd
Contact Rachel:
07397 794879
Traditional Yoga
5.00pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Art Classes for Adults
5.00pm–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
**Gary Marriott's
Tune up Tuesdays**
5.15pm -
Town Centre Text
07986 911083 for info
**Strength and con-
ditioning**
5.30pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Pilates with Sally Paffard
5.30pm–West Hill
Community Centre,
Croft Rd
Small class, contact
Sally: 07973 530911
**Weighted Neuro
Gym Session**
6.00pm–Play Sport Fitness
Hub, Elphinstone Road,
£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 Stade
£9. Book at [old-
townyoga.co.uk](http://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
**Writing For Children
with Alexis Deacon**
6.30pm–7 Trinity St
Creator of Beegu and Slow

Loris, and twice winner
of The New York Times
Best Illustrated Children's
Book Award [hastings-
writersworkshop.com](http://hastings-writersworkshop.com)
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](mailto:kar-en@yoga-by-the-sea.co.uk)
Belly Dance Class
6.30pm–Stade Hall,
The Stade
For more info: contact Cate
'Caasi' Brick on Facebook.
Tantra Kundalini
6.30pm–18 Silchester Rd
The Humble Heart,
Joanna Allen, £10 [the-
humblecollective.co.uk](http://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 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
**Kadampa Buddhist
Meditation Class**
7.00pm–St Nicholas Centre,
London Rd
£9/£7 conc. Term time
only, Maitreya Kadampa
Buddhist Centre [med-
itateinsussex.org](http://med-itateinsussex.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,
4-5 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 on the door.
Visit: sos.dance
Country Dancing
7.45pm–St Matthews
Church Centre, London Rd
[hastingscountry-
danceclub.org.uk](http://hastingscountry-
danceclub.org.uk)
Yoga for Insomnia
8.12pm–The Humble Heart,
18 Silchester Rd
Karen Simnett, 5 week
course £75 [thehum-
blecollective.co.uk](http://thehum-
blecollective.co.uk)
Restorative Yoga
8.15pm–The Humble Heart,
18 Silchester Rd
KarenSimnett £12 [\[humblecollective.co.uk\]\(http://humblecollective.co.uk\)
Heels Class
8.45pm–The Humble Hub,
4-5 Shepherd St
Kornelia Koszak £15
\[thehumblecollective.co.uk\]\(http://thehumblecollective.co.uk\)
**Wednesdays
Yoga Flow**
7.30am–The Humble Hub,
4-5 Shepherd St
£10 Rachael, Elevate Yoga,
\[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Garuda Pilates
9.00am–The Humble Hub,
4-5 Shepherd St
£10 Sally
Paffard,\[thehumblehub.
co.uk\]\(http://thehumblehub.co.uk\)
Pump & Tone
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
\[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
**Adventures Through
Movement and
Music \(0-2 years\)**
9.00am–Mini Playhouse, 26
White Rock
£4 \(after free trial\). \[pitter-
patterarts@gmail.com\]\(mailto:pitter-patterarts@gmail.com\)
**Seated Strength
Exercise Class**
9.15am–Play Sport Fitness
Hub, Elphinstone Rd
\[eequ.org/experience/8223\]\(http://eequ.org/experience/8223\)
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 \(after free trial\). \[pitter-
patterarts@gmail.com\]\(mailto:pitter-patterarts@gmail.com\)
**The Snug Room:
Psychotherapy &
counselling**
10.00am–The Humble
Heart, 18 Silchester Rd
Katy Swoboda–£45–£75
\[thehumblecollective.co.uk\]\(http://thehumblecollective.co.uk\)
Qigong
10.00am–Isabel Blackman
Centre, Winding St
Register: \[isabelblack-
mancentre.co.uk\]\(http://isabelblack-
mancentre.co.uk\)
Wellbeing Wednesdays
10.00am–Art in the Park,
Alexandra Park, Lower
Park Rd, St Helen's Park Rd
Pay as you can, suggest-
ed donation £4. Light
refreshments & cre-
ative activities \[info@
artsonprescription.org\]\(mailto:info@artsonprescription.org\)
Crowninos Kids Group
10.00am–The Crown, 64-66
All Saints' St
£7 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](http://the-</p></div><div data-bbox=)

[spanishonseaschool@
gmail.com](mailto:spanishonseaschool@gmail.com) or Españoles
en Hastings FB page
**Elemental Yoga
with Catherine**
10.30am–St Leonards
Studio, Royal Victoria
£7. Contact: [catherine-
burnett12@gmail.com](mailto:catherine-burnett12@gmail.com)
Aerial Yoga
10.30am–The Humble Hub,
4-5 Shepherd St
£15 Samantha Jane,
thehumblehub.co.uk
Musical Drama (2-4 years)
11.00am–Mini Playhouse,
26 White Rock
£4 (free trial). [pitterpat-
terarts@gmail.com](mailto:pitterpat-
terarts@gmail.com)
**French for Beginners
Level 1**
11.00am–Bus Stop Studios,
53 London Rd
With Olivier Jarré [busstop-
studios.com/classes](http://busstop-
studios.com/classes)
Art Classes for Adults
11.00am–12 Maze Hill
£20 per person–All
Materials Included.
Email Theresa
[stleonardsartschool@
outlook.com](mailto: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 expe-
rience necessary [lior-
wellnessstudio.com](http://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.
Therapeutic Yoga
12.30pm–The Hastings
Centre, The Ridge
£7 All abilities wel-
come. ninayoga.co.uk
Let's Do Lunch
12.30pm–Isabel Blackman-
Centre, Winding St
Home-cooked two course
menu for under £10. Info:
isabelblackmancentre.co.uk
Legs Bums & Tums
1.00pm–Isabel Blackman
Centre, Winding St
Register: [isabelblack-
mancentre.co.uk](http://isabelblack-
mancentre.co.uk)
St Leonards' Writers
1.00pm–St Ethelburga
Church-on-Sea, St
Saviours Rd
[stleonardswriters@
outlook.com](mailto: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 [busstop-
studios.com/classes](http://busstop-
studios.com/classes)
**FREE Mark Your Mark
Workshop (0-4yrs)**
2.30pm–Stade
Hall, The Stade
**Level 2b Class, T'ai Chi
Ch'uan : Long Yang Form**
3.00pm–The Humble Hub,
4-5 Shepherd St
Chris Hamblin POA
thehumblecollective.co.uk
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,
thehumblecollective.co.uk
Art Classes for Kids
4.15pm–12 Maze Hill
£12 per child–All materials
included. Email Theresa
[stleonardsartschool@
outlook.com](mailto:stleonardsartschool@outlook.com)
**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](mailto: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](mailto:qigongsigrid@gmail.com) or 07492 209190
**Martial Arts Free
Trial Lesson**
5.45pm–Ark Alexandra
Academy (Staff entrance),
Park Ave
Families welcome.
Booking required: [mar-
tialartsthastings.com](http://mar-
tialartsthastings.com)
Qigong with Sigrid
5.45pm–18 Silchester Rd
The Humble Heart,
Sigrid Selzer, £11 [the-
humblecollective.co.uk](http://the-
humblecollective.co.uk)
Art Classes for Adults
6.00pm–12 Maze Hill
£20 per person–All
Materials Included.
Email Theresa
[stleonardsartschool@
outlook.com](mailto:stleonardsartschool@outlook.com)
Beginners Pole
6.00pm–The Humble Hub,
4-5 Shepherd St
£15 drop in Cherry,

thehumblehub.co.uk
Hatha Yoga
6.00pm–Lior Wellness
Studio, 7A London Rd
with India [liorwell-
nessstudio.com](http://liorwell-
nessstudio.com)
Yoga with Marjolyn
6.00pm–St Leonards
Studio, Royal Victoria
07929 577985
**Adult Tap Class
for Beginners**
6.15pm–7 Mercatoria
kimhaviland@gmail.com
Laughter Yoga with Bev
6.30pm–The Jenny Lind
Inn, 69 High St
Upstairs. Contact:
[bevjones@laughyour-
selftohealth.com](mailto:bevjones@laughyour-
selftohealth.com)
**Pregnancy Yoga &
Birth Preparation**
6.30pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
For info and booking
contact Mae: [mae@
maedewsbery.co.uk](mailto:mae@maedewsbery.co.uk)
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](mailto:stleonardsartschool@outlook.com)
**Dynamic Rhythm &
Release with Kirsty**
7.00pm–18 Silchester Rd
The Humble Heart,
MADRE, £12 [thehum-
blecollective.co.uk](http://thehum-
blecollective.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, [the-
humblehub.co.uk](http://the-
humblehub.co.uk)
Zumba
7.00pm–Broomgrove
Community Centre, 85
Chiltern Dr
£3 or free for Broomgrove
residents. To book: [eequ.
org/experience/6591](http://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.
tseb.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
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
The Snug Room: Bioresonance Testing
8.00am–The Humble Heart, 18 Silchester Rd, St Leonards
Appointments 8.00am–8.00pm Emily Holland, £60/ £49 thehumblecollective.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, 4-5 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 per class. First class free. Friendly, low impact exercise for older adults. 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
Suitable for beginners and those with some experience. 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
Liberation Breathwork : Loves Breath
10.30am–The Humble Heart, 18 Silchester Rd Sophia Magdalena Mostyn £15 thehumblecollective.co.uk
Pilates, Mat Based
11.00am–The Humble Hub, 4-5 Shepherd St £9.50 Sarah T, thehumblehub.co.uk
Boxing for fun
11.45am–Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk
Dynamic Vinyasa
12.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square The Journaling Pharmacy 12.00pm–45 St Leonards Rd, Bexhill The Good Story Bistro, free. get in touch nicky@diamond-minds.co.uk
Acrylics Painting
12.15pm–Stade Hall, The Stade
Suitable for beginners and those with some experience. Info and booking sheridanjulieann@gmail.com
Online Vinyasa Flow with Elena Voce
12.45pm–Classes for all levels. Pay-what-you-can. yogawithelenavoce.co.uk
Iyengar Yoga Classes
1.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square Beginners welcome. £10 (£5 for people struggling financially). howdowe-beginagain@gmail.com
Tai Chi
1.00pm–Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
Beginners Line Dance Classes
2.00pm–Pebsham Community Hub, 70 Seabourne Rd, Bexhill Contact Kerris 0748047236
Afternoon Knitting Course
2.00pm–Bus Stop Studios, 53 London Rd, St Leonards 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
Pilates (beginners)
3.00pm–Isabel Blackman

Centre, Winding St isabelblackmancentre.co.uk
Writer’s Cafe
3.00pm–Barnaby’s Lounge, 46 Robertson St book a table at lu.ma/writerscafe
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, 4-5 Shepherd St £9 Samantha Jane Yoga, thehumblehub.co.uk
Aerial Slings
5.00pm–The Humble Hub, 4-5 Shepherd St £12 Samantha Jane, the-humblehub.co.uk
The Egyptian Room: Yoga Therapy–Yoga by The Sea
5.30pm–The Humble Heart, 18 Silchester Rd Karen Simnett thehumblecollective.co.uk
Tilekiln Youth Club Sessions
5.30pm–Tilekiln Community Centre, Tilebarn Road sarah.adams@freshvisions.org.uk. Bev 07732 823800
Yin Yoga
5.45pm–Lior Wellness Studio, 7A London Rd with India liorwellnessstudio.com
Kundalini Yoga & Meditation with Yeli
6.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square yeli@happiness-holistichealth.uk
Evening Clothes-making Course
6.00pm–Bus Stop Studios, 53 London Rd With Anna Winston (fortnightly) busstopstudios.com/classes
Art Classes for Adults
6.15pm–12 Maze Hill £20 per person. Weekly excluding last Thurs of the month. All Materials Included. Email Theresa stleonardsartschool@outlook.com
Samba Dance Classes for all levels
6.30pm–The Carlisle, 24 Pelham St Upstairs, welcoming queer, trans and neurodiverse folk £8 @Braziliansamba
Pole heels choreo
6.30pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk
Transformational Somatic Breathwork
6.30pm–The Humble Heart, 18 Silchester Rd RachelBednarski £20 thehumblecollective.co.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 completed similar courses elsewhere hastings-writersworkshop.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
Aerial Hoop Class
9.15pm–The Humble Hub, 4-5 Shepherd St £15 Cherry, thehumblehub.co.uk

Fridays
Breathe and Stretch with Karen Arthur
8.00am–Afri-Co-Lab, 3, Marine Court Start the weekend energised and refreshed. £5 concessions afri-co-lab.org
Pilates: Improver–Intermediate level
9.00am–The Humble Hub, 4-5 Shepherd St £10 Pilates by Sarah T, 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 Leonard’s on Sea 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 qigong-sigrid@gmail.com
Tiny Voices
9.30am–Stade Hall, The Stade £5
Beginners Spanish
10.00am–Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk
Seated Exercise Class
10.15am–Play Sport Fitness Hub, Elphinstone Road £3.30. Booking is essential

eequ.org/experience/7024
Mindful Yoga
10.30am–Royal Victoria Hotel, Marina zowie@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, Elphinstone Rd £3 (or pay what you can–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: isabel-blackmancentre.co.uk
Yin Yoga
11.30am–Horntye Park Sports Complex, Bohemia Rd, St Leonard’s on Sea 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
The Snug Room
1.00pm–The Humble Heart, 18 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 For those with reduced mobility. £6. Email zowie@stleonards.studio or visit stleonards.studio.
Table Tennis
2.30pm–Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk
Senior Strength
3.00pm–Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: isabel-blackmancentre.co.uk
Kids Circus
4.15pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk

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
Beginners Creative Writing Group
6.15pm–Clifton Centre, 1-2 Stainsby St Contact: info@theclifton-centre.com for details
Improvers aerial hoop
6.45pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk
Vibelle Dance Class-Shamanic Group Healing and Sacred Dance
7.30pm–The Humble Heart, 18 Silchester Rd Natasha Saltzer £20 Monthly thehumblecollective.co.uk
Spiritual & Psychic, Personal Development Circle
8.00pm–The Humble Hub, 4-5 Shepherd St Mel & Jo, £12 thehumblecollective.co.uk
Heels Choreo Class
8.00pm–Free Bird Fitness, 2c Silchester Rd £12 To attend, please email megwestpfel@gmail.com

Saturdays
Yoga Class
7.30am–The Humble Hub, 4-5 Shepherd St JoJo Yoga £10 thehumblecollective.co.uk
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–18 Silchester Rd The Humble Heart, 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

8

The HIP List

Centre, Winding St
All abilities stretching
class. Register: isabel-blackmancentre.co.uk
Aerobic class
9.30am–The Humble Hub,
4-5 Shepherd St
Jensy Azucena, £8.00,
alternate weeks the-humblecollective.co.uk
Art Classes for Kids
10.00am–12 Maze Hill
£12 per child–All materials
included. Email Theresa
stleonardsartschool@outlook.com
Strong Yoga with Lucy
10.00am–
Morning Yoga via Zoom.
lamiles@hotmail.co.uk
Morning Flow Yoga
10.00am–Bank House, 144
London Rd
Ease into your week-
end with some mindful
movement and breath-
work. More info: yo-ga-by-the-sea.co.uk
Antenatal Class
10.00am–The Crown, 64-66
All Saints' St
First Saturday morning
of every month, free!
**Martial Arts Free
Trial Lesson**

10.00am–Ark Alexandra
Academy (Staff entrance),
Park Ave
Families welcome.
Booking: martialart-shastings.com
**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
**Improv on Sea–Comedy
Improv Workshops**
12.00pm–The Horse &
Groom, Horse & Groom, 4
Mercatoria
Tickets £16 + booking
fee – outsavvy.com/organiser/improv-on-sea
Clutter Club
12.00pm–The Humble
Heart, 18 Silchester Rd
thehumblecollective.co.uk
**Women’s Untamed
Body Deep Dive**
1.00pm–18 Silchester Rd
The Humble Heart,
Seraphina Bianconi, £50
thehumblecollective.co.uk
Gong Bath Sessions
2.00pm–Four Courts
Wellbeing Hub, Sydney Cl
Find out more via
GongVibrations1066 on
Facebook or text Karen
Hayler: 07986 911083.
**Rebirthing Breathwork
Group Session**
7.30pm–18 Silchester Rd
The Humble Heart,
Andrew Dunne, £20
thehumblecollective.co.uk

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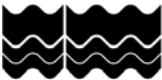
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/bus-fares](https://eastsussex.gov.uk/bus-fares)

