

Friday 1 to Thursday 14 August 2025

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

The HIP List

sponsored by



Real steam engineering at the
Hastings Miniature Railway

Hastings
Independent

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

MUSIC

Friday 1 August
Horizon - Juan Leal + Easy Green
12.00pm - The Promenade, Warrior Square
Raising money for Refugee Project
Gig for Gaza
7.00pm - The Pig, 37 White Rock
Borough Council/ Thee Headshrinkers/ SW101/ Band of the Underhand/ Dave Reading
Coldplace
7.30pm - White Rock Theatre, White Rock
Native Oysters Band
8.30pm - The Jenny Lind Inn, 69 High St
Victoria McDonnell & Friends
8.30pm - Pissarro's, 10 South Terrace

Saturday 2 August
Poppy Prescott
3.45pm - Mike's, 74 Norman Rd
Afrit Nebula
7.00pm - The Jenny Lind Inn, 69 High St
The Egg w/ The Irresistible Force & Ramjac Corporation
7.30pm - Henry Ward Hall, Robertson St
Three pioneers of UK electronic music reunite for a rare night of ambient, rave, and live electronic sound at Henry Ward Hall. £27
Oasiz - (What's the Story) Morning Glory?
8.00pm - White Rock Theatre, White Rock
Horizon 3rd Birthday
8.00pm - Crown House, Marina

Sunday 3 August
Tom Cole Duo
5.00pm - Noah's Goat, 68 George St
Folk revival, country, gospel and blues

Tuesday 5 August
Lynda Murray Trio: Spirituals, Ballads & Jazz
2.00pm - St Clements C Of E Church, Swan Terrace, £10 (low wage £5 and children under 16 free)
Velvet Rays - Adventures in Pop with Montague Armstong
8.00pm - The Jenny Lind Inn, 69 High St

Wednesday 6 August
Asfixia Social
7.00pm - The Pig, 37 White Rock
Brazilian ska/punk/hiphop

Thursday 7 August
Poppy Prescott & Meg

Bird at The Shop
8.00pm - Mike's, 74 Norman Rd

Friday 8 August
Rufus Stone Band
8.30pm - Pissarro's, 10 South Terrace

Wednesday 13 August
The Warlocks
8.00pm - The Piper, 1 Norman Rd

Thursday 14 August
Ray Coyote
8.00pm - The Piper, 1 Norman Rd
Jake Bugg
8.15pm - De La Warr Pavilion, Marina, Bexhill

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
A monthly residency of alien blues.
Acoustic Revels at the Albert
8.00pm - The Prince Albert, 28 Cornwallis St
The Twitten Revellers host an open folk session - second Monday each month
The Jam on the Hill
8.00pm - The Plough Inn, 49 Priory Rd
Bring your instrument and voice and join in!

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, All Saints' st
Playing tunes from Ireland, England, Scotland and beyond
Albion Skiffle Company
8.30pm - The Albion, 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

Thursdays
Open Mic Night
7.00pm - The Pig, 37 White Rock
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast DonArden
7.00pm - The White Rock Hotel, 1-10 White Rock
Downstairs at the White Rock Hotel. Second Thursday of the month
Open Mic
7.45pm - The Nags Head, 8-9 Gensing Rd
The Jazz Organisation
8.00pm - NUR Restaurant & Lounge, 13 Robertson St
Shanty Night
8.30pm - The Jenny Lind Inn, 69 High St
Grab a pint, grab a lyrics sheet and join in

Fridays
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 1 August
The Turn of the Screw
7.30pm - The Stables Theatre, The Bourne

Saturday 2 August
The Turn of the Screw
2.30pm and 7.30pm - The Stables Theatre, The Bourne
The Forbidden Fruit Cabaret: Pixie Polite
9.30pm - The Forbidden Fruit, 22 Grand Parade

Tuesday 5 August
The Koala Who Could - Live on Stage
2.00pm - De La Warr Pavilion, Marina, Bexhill

Wednesday 6 August
The Koala Who Could - Live on Stage
11.00am and again at 2.00pm - De La Warr Pavilion, Marina, Bexhill

Thursday 7 August
Pebble Road and the Pond People (Family Show)
2.30pm and again at 5.00pm - Stade Hall, The Stade
Pay What You Can (£4, £6 or £8 children, £10, £12 or £14 adults). For ages 5+ but suitable for all the family. A theatre storytelling experience with live music set in a pond, exploring freshwater biodiversity and inspired by fairy tales. Created by Spun Glass Theatre, supported using public funding by Arts Council England.
Friday 8 August
Martin Kemp - Back to the 80s Summer Party
7.30pm - De La Warr Pavilion, Marina, Bexhill

Saturday 9 August
An Evening with Jonathan Linsley - From Holmfirth to Hollywood
8.00pm - HOT TAP Theatre, St Andrews Mews
The Forbidden Fruit Cabaret: Ruffles
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 10 August
Coffee Concert: Eleanor Kelly (classical guitar) & Mike Hughes (vibes)
11.00am - Kino-Teatr, 43-49 Norman Rd
Thursday 14 August
The Addams Family - A New Musical Comedy
7.00pm - White Rock Theatre, White Rock

WEEKLY PERFORMANCES

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

Fridays
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 1 August
Amadeus - 4k Restoration
3.00pm & 7.30pm - Kino-Teatr, 43-49 Norman Rd
A 4k restoration to celebrate the 40th anniversary of the film's release, an opulent drama that relives the life of Wolfgang Amadeus Mozart
Fright Night: Piranha
7.30pm - Electric Palace, 39A High St

Saturday 2 August
Lazy Girls Film Club - Stories We Tell
7.30pm - Electric Palace, 39A High St

Sunday 3 August
Desperately Seeking Susan - 40th Anniversary
3.00pm - Electric Palace, 39A High St

Thursday 7 August
A New Kind of Wilderness
11.00am - Electric Palace, 39A High St
A New Kind of Wilderness + Intro
7.30pm - Electric Palace, 39A High St
A family pursues a wild, free life in Norway's wilderness. The evening screening on Thursday 7 August includes introduction from Luke from outdoor adventure education provider, Project Rewild.

Friday 8 August
Bridget Jones: Mad About the Boy
12.00pm - Kino-Teatr, 43-49 Norman Rd
Re: A Pier + Q&A
7.30pm - Electric Palace, 39A High St

Saturday 9 August
Re: A Pier
3.00pm - Electric Palace, 39A High St

Sunday 10 August
Monty Python and the Holy Grail - 50th Anniversary
3.00pm - Electric Palace, 39A High St
Priscilla Queen of the Desert
6.00pm - Electric Palace, 39A High St

Thursday 14 August
Jane Austen

Wrecked My Life
11.00am & 7.30pm - Electric Palace, 39A High St

ART

Acid Renaissance: Arcana - The Fantastical Photographs of Paul Watson
1 to 21 August (Preview 1 August 6-8pm)
1200 Postcards, Queen's Rd
Art for Your Oceans
Until 14 September
Hastings Contemporary, The Stade
Bestial Delights - Jude Montague and Rachel Williams
1 until 10 August
Electro Studios Project Space, Seaside Rd
Bus Stop Studios Group Summer Exhibition - 'Home'
Until end of August
Bus Stop Studios, London Rd
Christie Cassisa
4 August until 28 September
Stables Theatre Art Gallery, The Bourne
Claudia Alarcon & Silat: Tayhim
Until 14 September
De La Warr Pavilion, Bexhill
Ruth Cowell
Until 30 August
Three Legs Brewery & Tap Room, Beeching Rd, Bexhill (Thurs, Fri, Sat)
Anna Deacon: Abstraction, Works on Paper
Until 1 August
The Crown, All Saints St
Jill Fermanovsky - Oasis 1994-2009
Until 28 Sept
Lucy Bell Gallery, Norman Rd
Little (+Large)
1 until 31 August (private view 2 August 6-9pm)
Rogue Gallery, Norman Rd
Olga Fröbe-Kapteyn
1 August until 12 October
Tadhg Mae Projects, George St
On Paper - From the Plan Chest (Works on Paper from local and international artists)
Ongoing
Kino-Teatr Gallery, Norman Rd
Photopia - International Photographic Exhibition 2025
Until 3 August
Hastings Arts Forum, Marine Court
Paul Shadbolt
Until 1 August
The Crown, All Saints St
The Sun Feeds the Wind
Until 14 September

Mondays
Writing Hour
 7.30am - 7 Trinity St
 Writers can come together to write at the workshops *hastings-writersworkshop.com*
Volunteering: Hidden Eden Wellbeing Garden
 10.15am - 27 Parsons Cl, Hollington
 Craig's Cabin asks for volunteers to turn this green community space into a sensory garden *craigs-cabin87@hotmail.com*
Health Walk Old Town
 2.00pm - The Stade, Rock-a-Nore Rd
 Free one hour walk, just pop along *tcv.org.uk/southeast/sussex*
Backgammon Club
 6.30pm - The Horse & Groom, 4 Mercatoria
 All abilities welcome
Pop Quiz
 7.30pm - The Piper, 1



Norman Rd
Dave Valentine your Host
Overeaters Anonymous
7.30pm - Clifton Centre,
1 and 2 Stainsby St
Monday Night Quiz
8.00pm - 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 *sewitsuesday@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 volunteer-
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, 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.richards@mindcharity.co.uk* or *07510927978*.
**Hastings & St Leonards
Women's Circle**
7.00pm - Art in the Park,
Arts on Prescription,
Alexandra Park, Lower
Park Rd, St Helen's Park Rd
Donation only. For
self-identifying wom-
en *rootsofreturn.org*
The Class Choir
7.00pm - The Unitarian
Church
Friendly, fun, uplifting
Women's choir. Free
taster sessions, no music
reading or auditions.
theclasschoir@gmail.com

Thursdays
Open Tech Thursdays
10.00am - Observer
Building, 53 Cambridge Rd
Free 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,
Hollington
Conservation volunteer-
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
**The Barbarian
Wolf Chess Club**
5.15pm - The Horse &

Groom, 4 Mercatoria
Weekly chess
Pumphouse Late Plates
6.30pm - Pumphouse Cafe
and Deli, Pumphouse,
Alexandra Park,
St Helen's Rd
Every alternate Thursday
War Games
7.00pm - West St Leonards
Community Centre and
Social Club, 130 Bexhill Rd
Bar open for the duration.
Contact *weststleonardsca@gmail.com* for details
Hastings Town Singers
7.00pm - Ark Castledown
Primary Academy,
Priory Rd
A friendly non-auditioning
community choir. Free
taster sessions. *hast-ingstownsing-ers.co.uk*
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,
Hollington
Meet at Nature reserve
car park, free one hour
walk, just pop along *tcv.org.uk/southeast/sussex*
The Damascus Runners
11.00am - Bonjour Café, 13
Grand Parade
Social walking group, meet
on the seafront opposite
**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

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 sewing machines,
from tents to trom-
bones. 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
and 2 Stainsby St
All welcome. Food
sharing, meditation,
drumming, singing and
sometimes dancing! Read
more at *meetup.com*
**Let's Make Karaoke
Great Again**
9.30pm - The Seadog, 32
Station Rd
Every 2nd Saturday.

CLASSES & WORKSHOPS

Friday 1 August
**Intro to Goldwork
Embroidery Week**
10.00am - Bus Stop
Studios, 53 London Rd
with Amy Burt *busstop-studios.com/classes*

Saturday 2 August
**Forever Flower –
Handcrafted Oversized
Paper Blooms**
10.00am - The Compound,
161 Bexhill Rd
Create something beau-
tiful that will never wilt!
createandgather.co.uk
**Do You remember?
XOXO - Story Zine
Writing Workshop**
4.00pm - Electric
Palace, 39A High St
£20, £15 conces-

sions. 18yrs+
**Breathwork for
Emotional Release**
6.00pm - The Humble
Hub, 4-5 Shepherd St
Heidi Dunford £20
hubbookings.the-hum-blewarrior.co.uk/page/humble-classes
Gong and Sound Bath
6.30pm - The Humble
Hub, 4-5 Shepherd St
OdetteKurland £15/£20
Sunday 3 August
**Yin Yoga and Crystal
Bowl Healing**
5.00pm - The Humble
Hub, 4-5 Shepherd St
KatherineSalter £20

REPEATING EVENTS

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 *hubbook-ings.the-humblewarrior.co.uk/page/humble-classes*
**Sunday Brunch-time
Kid's Art Club**
10.00am - Outside
the Smokeshack, St
Andrews Mews
Join Artist and Arts
Educator Charlotte CHW:
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
Yin Yoga
3.00pm - Hot Yoga
Hastings, 21 St Peter's Rd
Mindful yoga with
mat-based pilates.
Find out more: *hotyo-gahastings.co.uk*
**Relax & Renew,
Restorative Yoga**
3.00pm - St Leonards
Studio, Royal Victoria
Monthly only - contact: *kar-en@yoga-by-the-sea.co.uk*
Big Yin Energy Yoga
3.00pm - The Wellington
Health & Wellbeing Centre,

44 Wellington Square
A session designed to
restore the nervous
system. £15. Find out
more: *madre-sl.com*
Album Sharing
7.00pm - 18 Silchester Rd
The Humble Heart,
Seraphina Bianconi, £15
Dynamic Anatomy Yoga
7.00pm - West
Hill Community
Centre, Croft Rd
£8 drop in, £36 for six
week course, BYOM,
book online *dynami-canatomy.co.uk/yoga*

Mondays
Desert to Sea Yoga Flow
7.30am - The Humble
Hub, 4-5 Shepherd St
Sarah Helene Warner
£12 *hubbookings.the-humblewarrior.co.uk/page/humble-classes*
Kettlebells
9.15am - Isabel Blackman
Centre, Winding St
Full body strength
class. Register: *isabel-blackmancentre.co.uk*
**Slow Flow Yoga
(Open Level)**
9.30am - St Leonards
Studio, Royal Victoria
Contact: *karen@yo-ga-by-the-sea.co.uk*
Pilates: Multi Level
9.30am - The Humble
Hub, 4-5 Shepherd St
£10 Pilates by Sarah T,
Beginners Vinyasa Flow
9.30am - Hot Yoga
Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Cygnets Swans
9.45am - Isabel Blackman
Centre, Winding St
Ballet for beginners.
Register: *isabelblack-mancentre.co.uk*
Circuits
10.00am - Isabel Blackman
Centre, Winding St
Cardio and weighted
exercise. Register: *isabel-blackmancentre.co.uk*
Art Classes for Adults
10.00am - St Matthew's
Church, London Rd
All levels. £23 per session
or cheaper for block/term.
Website: *sjflack.art*
Tai Chi Beginners
11.00am - The Humble
Hub, 4-5 Shepherd St
£10 Andy Cullen
**Yoga Over 60 – main-
taining movement**
11.00am - St Leonards
Studio, Royal Victoria
Contact: *zowie@stleonards.studio*
Choir Practice!
11.00am - The Chapel
of Christ's Stillness,
Moon Cottage
New singers of all ages
welcome. *thechapelof-christsstillness.co.uk*
Silver Swans Ballet
11.00am - Isabel Blackman

Crossword Solution No 282:

Across: 1. M-o-w-e-r-s 3. Geisha (anagram) 4. S-tarts

Down: 1. (hu)mid ges(tation) 2. SP-Rats



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 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: juliansambadrums@gmail.com Kids Aerial Hoop 4.30pm - The Humble Hub, 4-5 Shepherd St £9 Samantha Beagley, Beginners Pointe Class 5.30pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie 07704 711772 Multi level Pilates 5.30pm - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Darragh Dance 5.30pm - Afri-Co-Lab, 3, Marine Court £10, £5 concessions. Get your joy on with movement director and choreographer Darragh O’Leary. afri-co-lab.org Qigong with Sigrid 5.45pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square Contact Sigrid qigon-sigrid@gmail.com Iyengar Yoga Beginners Class 6.00pm - The Humble Heart, 18 Silchester Rd VianneyFaudemer £10 Foundations of Yoga with Paula 6.00pm - St Leonards	Studio, Royal Victoria Contact: paula@stleonards.studio Dynamic Vinyasa 6.00pm - The Humble Hub, 4-5 Shepherd St £12 Kirsty T, MADRE SL, Candlelit Yoga 6.00pm - All Saints Hall, 142 All Saints’ St oldtownyoga.co.uk Beginners Vinyasa Flow 6.30pm - Hot Yoga Hastings, 21 St Peter’s Rd hotyogahastings.co.uk Beginners French Evening Course 6.30pm - Bus Stop Studios, 53 London Rd with Olivier Jarrié busstopstudios.com/classes 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 Yoga for Men’s Health 7.00pm - Play Sport Fitness Hub £3. Book via: eequ.org/experience/3120 Hastings Punk Choir 7.00pm - Electric Palace, 39A High St (And generally a drink or two in the Jenny Lind afterwards) Ballet Barre 7.15pm - Hastings Old Town oldtownyoga.co.uk Kundalini Yoga & Meditation with Yeli 7.30pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square yeli@happiness-holistichealth.uk Mixed Ability Pole Class 7.30pm - The Humble Hub, 4-5 Shepherd St £15 ActiveCherry, 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 Aerial Hoop Class 8.00pm - The Humble Hub, 4-5 Shepherd St £15 ActiveCherry, 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 Yogalates 8.00am - The Humble Heart, 18 Silchester Rd Sally Paffett £12 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 andreacorsoqg@yahoo.com Pilates: with a roller, with Sally Paffard 9.00am - Via Zoom sallypaffard@gmail.com Art Classes for Kids 9.15am - 12 Maze Hill £12 per child - All materials included. Email Theresa stleonardsartschool@outlook.com Pilates with Lucy Paffard 9.30am - lucypaffard@gmail.com Writing Life 10.00am - DAYDREAM café & restaurant (Brunch), 51B&C, Robertson St Unleash your imagination in a warm, welcoming and relaxed group nicky@diamond-minds.co.uk YOYO Arts Club 10.00am - Art in the Park, Alexandra Park £5 per child, £2 sibling. Free flow art drop in for all the family! Refreshments and materials provided. Make, create and bring ideas. Outdoor activities on warmer days. Beginners French 10.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Space & Flow Yoga 10.00am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £10 or 5 for £40 The Crown Knitters 10.00am - The Crown, 64-66 All Saints’ St Weekly group who knit lovely things to sell for local 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 <a artsonprescription.org"="" href="mailto:info@</p></td><td><p>artsonprescription.org Dynamic Breathwork 10.30am - 18 Silchester Rd The Humble Heart, Andrew Dunne, £15 hubbookings.the-humblewarrior.co.uk/page/humble-classes 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 Beginners Line Dance Classes 11.15am - All Saints Hall, 142 All Saints’ St Contact Kerris 0748047236 People’s Health Alliance (PHA) Wellbeing Clinic 12.00pm - St Leonards Studio CIC, The Royal Victoria Hotel Massage, Reiki, touch therapies, tarot & more! Open to all. pha@stleonards.studio 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 and Online Chair Yoga 2.00pm - Via Zoom sueyoga1066@gmail.com Art & Social Club 2.00pm - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Hand Embroidery Afternoon Course 2.00pm - 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, 4-5 Shepherd St Seraphina Bianconi, £15 FREE Make Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade Bone Strengthening Pilates 3.00pm - The Humble Heart, 18 Silchester Rd AnnieBradbery £10 hubbookings.the-humblewarrior.co.uk/page/humble-classes Writers’ Cafe 3.00pm - Barnaby’s Lounge, 46 Robertson St Info & booking 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 Writers’ 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 Ore Youth Club Sessions 4.30pm - Ore Community Centre, 455 Old London Rd Register and find out more: sarah.adams@freshvisions.org.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 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 - Play Sport Fitness Hub, Elphinstone Road £3 or pay what you can To book: eequ.org/experience/6816 Old Town Yoga 6.00pm - Stade Hall, The Stade £9. Book at old-townyoga.co.uk Sunset Flow with Hannah 6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square £9.00 hola@madre-sl.com Comedy Improv Drop In Class 6.00pm - Cake Room, 30 Robertson St £16 Vinyasa Yoga 6.00pm - The Humble Hub, 4-5 Shepherd St £10 Veronica Hare, thehumblehub.co.uk School pole flow 6.30pm - Free Bird Fitness, Silchester Rd, freebirdfitness.uk Intermediate French Evening Course 6.30pm - Bus Stop Studios, 53 London Rd with Olivier Jarrié busstopstudios.com/classes Silver Swans Ballet Class 6.30pm - Ore Community Centre, 455 Old London Rd Contact Annie: 07704 711772 Vinyasa Flow 6.30pm - Bank House Studio - kar-en@yoga-by-the-sea.co.uk Belly Dance Class 6.30pm - Stade Hall, The Stade For more info: contact Cate ‘Caasi’ Brick on Facebook. Tantra Kundalini 6.30pm - 18 Silchester Rd The Humble Heart, Joanna Allen, £10 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 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
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The HIP List

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KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

Hub, 4-5 Shepherd St
Hannah Almond Barr £12
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*
Yoga for Insomnia
8.12pm - The Humble
Heart, 18 Silchester Rd
Karen Simnett, 5
week course £75
Heels Class
8.45pm - The Humble
Hub, 4-5 Shepherd St
Kornelia Koszak £15

Wednesdays
Yoga Flow
7.30am - The Humble
Hub, 4-5 Shepherd St
£10 Rachael, Elevate Yoga,
thehumblehub.co.uk
Garuda Pilates
9.00am - The Humble
Hub, 4-5 Shepherd St
£10 Sally Paffard
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 Rd
eequ.org/experience/8223
Yoga & Meditation
9.30am - The Bank Hotel &
Bistro, 28-29 Grand Parade
Kirsty T
Silver Swans
Ballet Classes
9.30am - Laton Ash Dance
Centre, 18 Laton Rd
01424 434774 to book.
Imaginative Ballet
(2-4 years)
10.00am - Mini Playhouse,
26 White Rock
£4 (after free trial). *pitter-*
patterarts@gmail.com
The Snug Room:
Psychotherapy &
counselling
10.00am - The Humble
Heart, 18 Silchester Rd
Katy Swoboda - £45 - £75
thehumblecollective.co.uk
Qigong
10.00am - Isabel Blackman
Centre, Winding St
Register: *isabelblack-*
mancentre.co.uk
Wellbeing Wednesdays
10.00am - Art in the Park,
Alexandra Park, Lower
Park Rd, St Helen's Park Rd
Pay as you can, suggested
donation £4. Light refresh-
ments & creative activities
with a focus on enhancing

your wellbeing. *info@*
artsonprescription.org
Crowninos Kids Group
10.00am - The Crown,
64-66 All Saints' St
£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
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
Musical Drama (2-4 years)
11.00am - Mini Playhouse,
26 White Rock
£4 (free trial). *pitterpat-*
terarts@gmail.com
Art Classes for Adults
11.00am - 12 Maze Hill
£20 per person - All
Materials Included.
Email Theresa
stleonardsartschool@
outlook.com
Adult Tap Dancing
11.00am - Laton Ash Dance
Centre, 18 Laton Rd
Call *01424 434774* to book.
Barre
11.00am - Lior Wellness
Studio, 7A London Rd
A blend of ballet, barre
and Pilates. No expe-
rience necessary *lior-*
wellnessstudio.com
Parent Toddler
Singalong Session
11.30am - Early Help
Keywork Service, Ocean
House, 87-89 London Rd
Free for children under 5
Adult Ballet 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*
Legs Bums & Tums
1.00pm - Isabel Blackman
Centre, Winding St
Register: *isabelblack-*
mancentre.co.uk
St Leonards' Writers
1.00pm - St Ethelburga
Church-on-Sea, St
Saviours Rd
stleonardswriters@
outlook.com
Qigong Movement Class
1.00pm - Christ Church
Blacklands, Laton Rd
eequ.org/experience/8796
The Celestial Room:
Massage Therapy
2.00pm - The Humble
Heart, 18 Silchester Rd
Appointments 2.00-8.00pm
Rachael Welsh £60 p/hr

thehumblecollective.co.uk
Hatha Yoga for You
2.00pm - St Leonards
Studio, Royal Victoria
louise@stleonards.studio
HIIT cardio
3.00pm - Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Art Classes for Kids
4.15pm - 12 Maze Hill
£12 per child - All materials
included. Email Theresa
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
Martial Arts Free
Trial Lesson
5.45pm - Ark Alexandra
Academy (Staff en-
trance), Park Ave
Families welcome.
Booking required: *mar-*
tialartsthastings.com
Art Classes for Adults
6.00pm - 12 Maze Hill
£20 per person - All
Materials Included.
Email Theresa
stleonardsartschool@
outlook.com
Beginners Pole
6.00pm - The Humble
Hub, 4-5 Shepherd St
£15 drop in Cherry
Hatha Yoga
6.00pm - Lior Wellness
Studio, 7A London Rd
with India *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
Pregnancy Yoga &
Birth Preparation
6.30pm - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
For info and booking
contact Mae: *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
Dynamic Rhythm &

Release with Kirsty
7.00pm - 18 Silchester Rd
The Humble Heart,
MADRE, £12
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
Zumba
7.00pm - Broomgrove
Community Centre,
85 Chiltern Dr
£3 or free for Broomgrove
residents. To book: *eequ.*
org/experience/6591
Adult Tap Dancing
7.00pm - Laton Ash Dance
Centre, 18 Laton Rd
Call *01424 434774* to book.
Buddhist Meditation
and Dharma Teaching
7.00pm -
In person and via Zoom.
tsebg.org/local-groups
Aoi Bara Meditation
7.30pm - Peachy
Self Care Studio
Donation only commu-
nity meditation class.
aoibarameditation.co.uk
Kundalini Yoga and
Meditation Class
7.30pm - The Ballroom,
Bank Hotel & Bistro,
28-29 Grand Parade
£10. *soulpowerkun-*
daliniyoga.co.uk
Argentine Tango
Social Dance
8.00pm - The White Rock
Hotel, 1-10 White Rock
Downstairs bar. £8 for
dancers, £3 non-danc-
ers. *pennythepoet-*
ess@yahoo.co.uk
Relaxation: Zoom class
with Sally Paffard
8.00pm -
£4. *sallypaffard@gmail.com*
Classique Pole Class
8.00pm - The Humble
Hub, 4-5 Shepherd St
£15 Active Cherry, *the-*
humblehub.co.uk

Thursdays
Dynamic Anatomy Yoga
7.00am - West
Hill Community
Centre, Croft Rd
£8 drop in, £36 for six
week course, BYOM,
book online *dynami-*
canatomy.co.uk/yoga
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,
44 Wellington Square
£15. *ashtangayoga-*

hastings@gmail.com
The Snug Room:
Bioresonance Testing
8.00am - The Humble
Heart, 18 Silchester Rd
Appointments
8.00am-8.00pm Emily
Holland, £60/£49
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 *thehum-*
blecollective.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 im-
pact 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.
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@artsonpre-
scription.org
Pilates, Mat Based
11.00am - The Humble
Hub, 4-5 Shepherd St
£9.50 Sarah T, *the-*
humblehub.co.uk
Boxing for fun
11.45am - Isabel Blackman
Centre, Winding St
Register: *isabelblack-*
mancentre.co.uk
Clutter Club
12.00pm - The Humble
Heart, 18 Silchester Rd
Dynamic Vinyasa
12.00pm - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
The Journaling Pharmacy
12.00pm - 45 St
Leonards Rd, Bexhill
The Good Story Bistro,
free. Other taught courses
running from 20 March.
get in touch *nicky@*

diamond-minds.co.uk

Fridays
Breathe and Stretch
with Karen Arthur
8.00am - Afri-Co-Lab,
3, Marine Court
Start the weekend ener-
gised 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,
Pilates: mixed ability
with Sally Paffard
9.00am -
Zoom class *sallypaf-*
fard@gmail.com
Traditional Yoga
9.00am - Horntyte Park
Sports Complex, Bohemia
Rd, St Leonard's on Sea
Intermediate class
£12 Booking and de-
tails *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
For those who struggle to
exercise while standing.
£3.30. Booking is essential
eequ.org/experience/7024
Mindful Yoga
10.30am - Royal Victoria
Hotel, Marina
zowie@stleonards.stu-
dio stleonards.studio
Classical Yoga
10.30am - The Humble
Hub, 4-5 Shepherd St
£10 Kate Shaw,
Move it or Lose It
Fitness Class
11.00am - Play Sport Fitness
Hub, United Sports and
Social Club, Elphinstone Rd
£3 (or pay what you
can with free tkts
also available)
Art Classes for Adults
11.00am - 12 Maze Hill
£13.50 per person - All
Materials Included.
Email Theresa
stleonardsartschool@
outlook.com
Conversational Spanish
11.00am - Isabel Blackman
Centre, Winding St
Register and find out more:

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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 and FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade Chair Yoga – A Supported Approach 2.30pm - St Leonards Studio, Royal Victoria Supported yoga for those with reduced mobility. £6. Email zowie@stleonards.studio or visit	stleonards.studio. Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: 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 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 at old-townyoga.co.uk Beginners Creative	Writing Group 6.15pm - Clifton Centre, 1 and 2 Stainsby St Contact: info@theclyifton-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 Spiritual & Psychic, Personal Development Circle 8.00pm - The Humble Hub, 4-5 Shepherd St Mel & Jo, £12 Heels Choreo Class 8.00pm - Free Bird Fitness, 2c Silchester Rd £12 To attend, please email megwestpfel@gmail.com	the-humblewarrior.co.uk/page/humble-classes Power yoga 9.00am - The Humble Heart, 18 Silchester Rd Hannah Almond-Barr £10 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 Pure stretch 9.15am - Isabel Blackman 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 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: yoga-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: martialartshastings.com "Let It Flow" - all level Vinayasa Flow Yoga 10.30am - 18 Silchester Rd The Humble Heart, James Loosemore, £10 Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Beginner aerial hoop 10.30am - Free Bird Fitness, Silchester Rd freebirdfitness.uk Intermediate French 11.00am - Isabel Blackman	Centre, Winding St Register for class at: isabelblackmancentre.co.uk 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, 4 Mercatoria Tickets £16 + booking fee – outsavvy.com/organiser/improv-on-sea Clutter Club 12.00pm - The Hub, Sydney Cl Find out more via GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083. Rebirthing Breathwork Group Session 7.30pm - The Humble Heart, 18 Silchester Rd The Humble Heart, Andrew Dunne, £20
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Horizon at The New French's

KATE SHAW

I was excited to see what Seb Hipperson and his team had done to the old French's wine bar. So when I was invited to DJ there by promoter Horizon, I thought: why not find out a little of the background and share it with you lovely folk?

Seb's vision for French's is to "foster a diverse and inclusive space where all feel welcome to dance and engage with Hastings' vibrant music culture." But why keep the name? Well, French's has been a cornerstone of Hastings nightlife since 1971, and Seb felt a responsibility to revive its name and legacy for a new generation. He feels that retaining the original name also honours the local tradition, as many residents continue to refer to it as "the old" French's.

Looking ahead, he plans to make use of the upper floors to establish creative studios, further developing French's as a centre for artistic collaboration.

Horizon is fronted by 28 year old Elliot Green aka "Easy Green" who purchased his first sound system at 18 years old. Bringing people together, creating memorable experiences on the dance floor, is the driving motivation for him. "Making the crowd move, watching the smiles, the hugs, and the dancing."

But he is also committed to supporting local talent, specifically DJs from the local South Coast. As Elliot explains, he feels it is essential for the future growth of the scene in Hastings. "The area has reached a significant juncture, with new venues emerging and promoters offering diverse events, all contributing to a burgeoning community spirit. French's is a big



part of that. Once the renovations are complete, particularly the addition of artist spaces upstairs, it will serve as a hub for creativity and collaboration."

Continuing this community spirit, Elliot will be playing alongside Juan Leal (Ditchcoteque) on Friday 1 August, starting at 12pm at Barista and the Shack on the seafront, in aid of the local Refugee Buddy Project. Both will be donating their set fees and inviting donations, though it is free to all to attend. You can also catch them at Crown



Ponbay Lodge

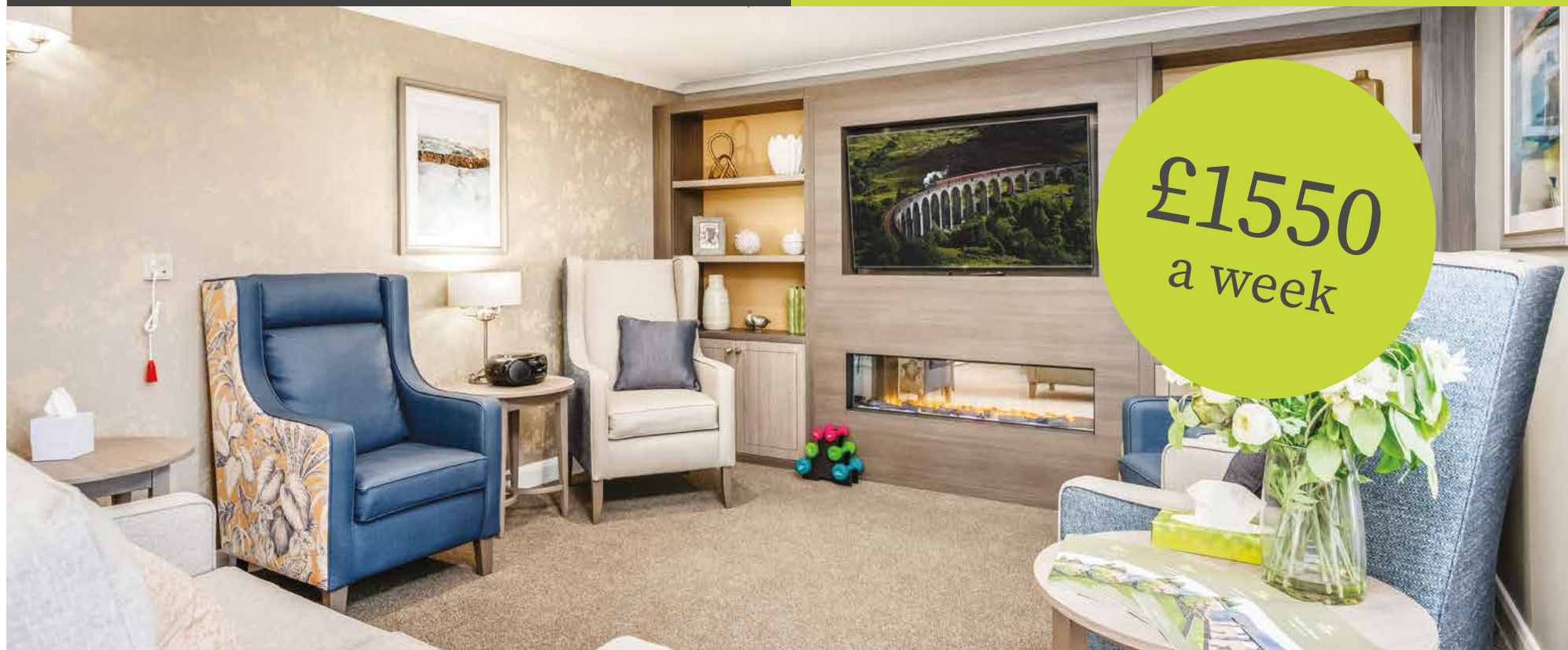
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