

Friday 29 August to Thursday 11 September 2025

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

The Hip List

sponsored by



Hastings
Independent



MUSIC

Friday 29 August
The Aftershave–Free Music Event
7.00pm–Kino-Teatr,
43-49 Norman Rd,
Hastings, St Leonards
The Sabina Desir Trio
7.30pm–Hastings Museum
& Art Gallery, John’s
Place, Bohemia Rd

Saturday 30 August
Ukadelix
1.00pm–Pumphouse Cafe
and Deli, Pumphouse,
Alexandra Park,
St Helen’s Rd
All female 5-piece
band with ukulele,
accordion + more!
**Willow Hill, Buskin Biker
& Nicotine Wisdom**
2.00pm–The Carlisle,
24 Pelham St
Woodpig
2.30pm–Tough
Love St Leonards,
73 Bohemia Rd
Nostalgic, moving
Americana from Hastings
Los Twangueros
3.00pm–Pumphouse
Cafe and Deli,
Pumphouse, Alexandra
Park, St Helen’s Rd
**Oramorph–Free
Music Event**
7.00pm–Kino-Teatr,
43-49 Norman Rd,
Hastings, St Leonards
Wave Machine + Hombre
7.00pm–The Jenny Lind
Inn, 69 High St
Surf grunge
**Daniel Hewson presents
Shaun of the Shred**
8.30pm–Barnaby’s Lounge,
46 Robertson St
£5 artist donation

Sunday 31 August
**Hastings Fat Tuesday:
Skinny Sunday All Dayer**
1.00pm–White Rock
Theatre, White Rock
Morph Ska 6
4.00pm–Old King John,
39-41 Middle Rd
Chantelle Duncan
4.00pm–The Compass
(Formerly Calvers), 29
Marina, Albert Rd, Bexhill
Scottish singer songwriter

Wednesday 3 September
Longshore Drifters
8.00pm–The Seadog, 32
Station Rd
Country pickin and
honky tonk

Friday 5 September
Grand Slam
7.00pm–The Carlisle,
24 Pelham St
Genesis Connected
7.30pm–White Rock
Theatre, White Rock

Bob Log III
7.30pm–Henry Ward Hall,
45 Robertson St
Bob Log III at The
Hall–Mike’s List
Duke Garwood Band
7.30pm–Kino-Teatr,
43-49 Norman Rd,
Hastings, St Leonards
Throwing Muses:
Moonlight Concessions
7.30pm–White Rock
Theatre, White Rock

Saturday 6 September
Family Ties
3.00pm–Tough
Love St Leonards,
73 Bohemia Rd
Brighton indie rock
The Dualers
7.30pm–White Rock
Theatre, White Rock
**The House of House
with Angela Colosi/
Chill DJs/ Gina D/
DJSOULPROVYDER**
**B2B Mxriasophiaa/
Tommy Bourne**
9.00pm–The Pig,
37 White Rock
Free entry–all donations
going to War Child charity.
Silent Disco
9.00pm–The Printworks
Ltd, 14 Claremont
eventbrite.com/e/silent-disco-tickets-1334475916389

Sunday 7 September
**Battle of The Bands–
The Up and Comings**
12.00pm–The Town House,
1 London Rd, Bexhill
12 up and coming local
bands to perform
Soultown
4.00pm–Old King John,
39-41 Middle Rd
**Country and
Western night**
7.00pm–The Ruddy Duck,
19 Egerton Rd, Bexhill
Music from Cadence Purl

Wednesday 10 September
Karma Effect
7.30pm–The Carlisle,
24 Pelham St
The Redcatz
8.00pm–The Seadog,
32 Station Rd

WEEKLY MUSIC

Sundays
**Tom Cole’s Sunday
Sounds–with
Calum Baird**
5.00pm–Brickmaker’s
Alehouse, 27 Sea Rd,
Bexhill
Folky songwriters, every
last Sunday of the month
BYO Vinyl Night
7.00pm–The Jenny
Lind Inn, 69 High St

Mondays
Just Landed
7.30pm–The Jenny Lind
Inn, 69 High St

A monthly residen-
cy of alien blues.
**Acoustic Revels
at the Albert**
8.00pm–Prince Albert, The,
28 Cornwallis St
The Twitten Revellers host
an open folk session–sec-
ond 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 song-
writer Konnaruchi
**Traditional Folk
Open Sessions**
8.00pm–Stag Inn
Playing tunes from
Ireland, England,
Scotland and beyond
Albion Skiffle Company
8.30pm–Albion Hastings,
33 George St
Open acoustic mu-
sic session.

Wednesdays
Open Mic
7.00pm–The Piper, 1
Norman Rd, St Leonards
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’s
Palace, 37 White Rock
**Berth of the Cool: Jazz DJs
with Herbie Greensmith
& Southcoast Don Arden**
7.00pm–The White Rock
Hotel, 1-10 White Rock
Downstairs at the White
Rock Hotel. Second
Thursday of the month
Open Mic
7.45pm–The Nags Head, 8-9
Gensing Rd, St Leonards
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 lyr-
ics sheet and join in

Fridays
Custard Caravan
4.00pm–Barnaby’s Lounge,
46 Robertson St
Custard Caravan is a once
monthly afternoon of
music and mirth host-

ed by Louise Whitham
and Danny Brittain. A
“bunk off” Friday va-
riety show with great
bands and refreshingly
surprising material. It’s
almost impossible to cram
more fun into 2 hours!
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 spe-
cial. 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

PERFORMANCE

Friday 29 August
**Mr Cleverly’s Trans-
continental Delivery
Service–Parcels,
Packages and Post**
5.30pm–Stade
Hall, The Stade
**The Forbidden
Fruit Cabaret: Drag
With No Name**
9.30pm–The Forbidden
Fruit, 22 Grand
Parade, St Leonards

Saturday 30 August
**Flight Feathers
Poetry Slam**
7.00pm–HOT TAP Theatre,
St Andrews Mews
**The Forbidden Fruit
Cabaret: Doctor Woof**
9.30pm–The Forbidden
Fruit, 22 Grand
Parade, St Leonards

Thursday 4 September
NT Live: Inter Alia
7.00pm–Kino-Teatr,
43-49 Norman Rd,
Hastings, St Leonards
**Tried and Tested–A
Scratch Night for
Daring Performance**
7.30pm–White Rock
Theatre, White Rock
**Barefoot Opera: Lucia
di Lammermoor**
7.30pm–St. John’s
Church-The Evangelist,
Brittany Rd, St Leonards

Friday 5 September
**The Forbidden Fruit
Cabaret: Mama Tasty**
9.30pm–The Forbidden

Fruit, 22 Grand
Parade, St Leonards

Saturday 6 September
**Dee Anderson–Growing
Up With Thunderbirds**
3.00pm–Kino-Teatr,
43-49 Norman Rd,
Hastings, St Leonards
**The Forbidden
Fruit Cabaret:
Martha D’Arthur**
9.30pm–The Forbidden
Fruit, 22 Grand
Parade, St Leonards

Thursday 11 September
Rustavi Choir at The Hall
7.30pm–Henry Ward Hall,
45 Robertson St
A rare appearance
by Rustavi, Georgia’s
world-renowned vo-
cal ensemble, fresh
from the BBC Proms.

WEEKLY PERFORMANCE

Sundays
**A Midsummer
Night’s Dream**
7.30pm–The Stables
Theatre, The Bourne

Mondays
**It’s the End of the
World and I’m Still
in the Closet...**
7.30pm–The Stables
Theatre, The Bourne

Tuesdays
Open Mic Night
7.00pm–HOT TAP Theatre,
St Andrews Mews
Tulip Salon Cabaret
7.00pm–Crown House,
Marina, Hastings,
St Leonards
Arts & entertainment +
welcome drink and simple
supper. Pay what you
can–suggested donation
£25. RSVP at lizmattey@sky.com 07909902443.
**It’s the End of the
World and I’m Still
in the Closet...**
7.30pm–The Stables
Theatre, The Bourne
A Single Man
7.30pm–The Stables
Theatre, The Bourne

Wednesdays
**It’s the End of the
World and I’m Still
in the Closet...**
7.30pm–The Stables
Theatre, The Bourne
A Single Man
7.30pm–The Stables
Theatre, The Bourne
**Poetry, Music and
Comedy Night**
8.00pm–The Dolphin Inn,
11-12 Rock-a-Nore Rd
Sensational acts lined up
and hosted by the won-
derful Tara Valentine,
prepare to be entertained.

Thursdays
**Ploughing the Salt Sea
with Bev Lee Harling**
7.30pm–White Rock
Theatre, White Rock
A Single Man
7.30pm–The Stables
Theatre, The Bourne

Fridays
**A Midsummer
Night’s Dream**
7.30pm–The Stables
Theatre, The Bourne
**Palmerama’s
Comedyrama Stand
Up Comedy Night**
8.00pm–Tin Tins,
21 Robertson St
Late Night Karaoke
11.00pm–Barnaby’s
Lounge, 46 Robertson St

Saturdays
**A Midsummer
Night’s Dream**
7.30pm–The Stables
Theatre, The Bourne

CINEMA

Friday 29 August
**Human Traffic–4K
Restoration**
7.30pm–Electric
Palace, 39A High St

Saturday 30 August
**Electric Palace Open
House & Coastal
Currents Exhibition**
10.30am–Electric
Palace, 39A High St
**The Smallest
Show on Earth**
4.00pm–Electric
Palace, 39A High St
**Sunset Screening:
Wicked (Sing-Along) +
Creative Workshop**
6.00pm–De La Warr
Pavilion, Marina, Bexhill
Scala!!!
7.30pm–Electric
Palace, 39A High St

Sunday 31 August
Bon and the West
11.00am–Electric
Palace, 39A High St
**Haunted Movie Buildings
of Hastings & Bexhill–
Artist Talk & Surprise
Movie–FREE Event!**
3.00pm–Electric
Palace, 39A High St
Plan 9 From Outer Space
7.30pm–Electric
Palace, 39A High St

Thursday 4 September
Motherboard
11.00am–Electric
Palace, 39A High St
Motherboard
7.30pm–Electric
Palace, 39A High St

Friday 5 September
Family Friday: Moana

4.00pm–Electric Palace, 39A High St Some Like it Classic + Q&A 7.30pm–Electric Palace, 39A High St Saturday 6 September The Forest in Me + Director's Q&A 7.30pm–Electric Palace, 39A High St Sunday 7 September The Forest in Me 11.00am–Electric Palace, 39A High St A film that opens out from a personal story about living with uncertainty, to reflect upon possibilities of love and human connection. The Tempest 3.00pm–Electric Palace, 39A High St Blue Velvet + Live Music from Frank From Blue Velvet 7.30pm–Electric Palace, 39A High St Thursday 11 September The Salt Path 11.00am–Electric Palace, 39A High St Battleship Potemkin 100th Anniversary + Pet Shop Boys Score + Intro from Neil Tennant 12.30pm–Electric Palace, 39A High St  ART The annual Coastal Currents Arts Festival From Friday 29 August until 27 September For all event listings see coastalcurrents.org.uk Afterglow II–Turps (Group Exhibition) 3 until 14 September Hastings Arts Forum, Marine Court Art for Your Oceans Until 14 September Hastings Contemporary, The Stade Bus Stop Studios Group Summer Exhibition–‘Home’ Until end of August Bus Stop Studios, London Rd Christie Cassisa Until 28 September Stables Theatre Art Gallery, The Bourne Claudia Alarcon & Silat: Tayhim Until 14 September De La Warr Pavilion, Bexhill Adam Dando Until 31 August The Crown, All Saints St Susan Diamond–State of the Art 3 until 14 September (private view 6	September 6-9pm) Rogue Gallery, Norman Rd Stephen Emmerson: How to Read a Book Until 4 January 2026 Hastings Museum and Art Gallery, Bohemia Rd Extraordinary Odyssey: Museum Display Until 31 October Hastings Museum and Art Gallery, Bohemia Rd Jill Fermanovsky–Oasis 1994-2009 Until 28 Sept Lucy Bell Gallery, Norman Rd Hastings Arts Forum Summer Members Show Until 31 August Marine Court, Marina Have Your Cake & Eat It–G Whizz Wheeler (Half Price Studio Sale) Until 22 September Cake Room, Robertson St Janet Milner–From Project 78 to the Three Legs Until 13 September Tap Room Gallery, Beeching Rd Studios Little (+Large) Until 31 August (private view 2 August 6-9pm) Rogue Gallery, Norman Rd Nick Hill–Three Weeks in Provence Until 1 October Oscars on the Square, Warrior Square Olga Fröbe-Kapteyn 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 Plants Make Places: A Collaborative Exhibition by Laura Ribbons Until 1 February 2026 Hastings Museum and Art Gallery, Bohemia Rd Project Art Works Open Studios 30 and 31 August, 6 and 7 September Trinity Hall, Braybrooke Terrace Greg Stevenson Until 31 August The Crown, All Saints St The Sun Feeds the Wind Until 14 September Hastings Contemporary, The Stade Town of Sanctuary 4 until 7 September Unit 2 Gallery, London Rd Tschabalalal Self: Seated Until 14 September 2025 De La Warr Pavilion (Lawn), Bexhill Undersea Until 14 September Hastings Contemporary, The Stade	Allan Weber–My Order Until 14 September De La Warr Pavilion, Bexhill  SPORT Saturday 6 September Cricket: Hastings & St Leonards Priory v St James’s Montefiore–Sussex Cricket League Div 2 12.30pm–Horntye Park  ACTIVE SPORT Sundays Table Tennis 10.00am–Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Indoor Bowls 10.00am–Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Free Tennis session in the park 10.00am–Alexandra Park Tennis Courts To book: clubspark.lta.org.uk/breakpointtennis AlexandraPark/FreeParks Mondays Hastings Blister Sisters Slow Jogging Group 7.00am–Alexandra Park, St Helen’s Rd Details: blistersisters.co.uk 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–Horntye Park Sports Complex, Bohemia Rd, St Leonard’s on Sea sussexcricket.co.uk/super-1s-hub Active Hastings Walking Football 6.00pm–TN34 2LD, Lower Park Rd Alexandra Park Multi-Use Games Area £2 Adults 50+ Booking eequ.org/experience/6144 Badminton 8.00pm–Summerfields Leisure Centre, Bohemia Rd £5.60 Adults Booking freedom-leisure.co.uk Hastings YMCA	Badminton Club 8.15pm–The Y Centre, 26 St Paul’s Rd, St Leonards, Hastings 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, St Leonards, Hastings Contact weststleonardsca@gmail.com for details Badminton 6.00pm–Summerfields Leisure Centre, Bohemia Rd £5.60 or £4.70 with a Leisure Pass. Booking: 01424 457691 Judo with Hollington Judo Club 6.15pm–Hollington Community Centre, 1 Wishing Tree Rd N, Hastings £3.50 from reception to year 6. Contact Neil Chalcraft 07858 412184 Judo with Hollington Judo Club 7.00pm–Hollington Community Centre, 1 Wishing Tree Rd N, Hastings For children in years 7-11 contact Neil Chalcraft 07858 412184 Hastings Women’s Indoor Rounders 7.30pm–The St. Leonard’s Academy, Edinburgh Rd, Hastings 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, Hastings £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 Hastings Blister Sisters Slow Jogging Group 7.00am–Alexandra Park, St Helen’s Rd Details: blistersisters.co.uk 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 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 Badminton 7.00pm–Summerfields Leisure Centre, Bohemia Rd Adults £5.60 Booking freedom-leisure.co.uk Hastings YMCA Badminton Club 7.30pm–The Y Centre, 26 St Paul’s Rd, St Leonards, Hastings 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 - Contact weststleonardsca@gmail.com for details. Fun Easy Boxing 11.45am–Isabel Blackman Centre, Winding St isabelblackman-centre.co.uk Short Mat Bowling 2.00pm–West Hill Community Centre, Croft Rd £3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners. Hastings Mixed Indoor Rounders 7.00pm–Horntye 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, St Leonards, Hastings Bar open for the duration. Contact weststleonardsca@gmail.com for details	Heart and Sole Runners 7.00pm–Grosvenor Gardens, St Leonards Badminton 8.00pm–Summerfields Leisure Centre, Bohemia Rd £5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-leisure.co.uk Fridays Hastings Blister Sisters Slow Jogging Group 7.00am–Alexandra Park, St Helen’s Rd Details: blistersisters.co.uk 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, St Leonards, Hastings Members only. Booking essential £4.50 hastingsymcabadmintonclub.co.uk Saturdays Hastings Mixed Outdoors Rounders 9.30am–Sea Road, Sea Rd, St Leonards Free. Book a place at eequ.org/book/st-leonards-old-bathing-pool-rounders-with-hastings-rounders-10730  EVENTS & ACTIVITIES Friday 29 August The Brick Stop–Lego Bus Exhibition 10.00am–The Compound, 161 Bexhill Rd, Hastings A fun-filled Lego adventure for all ages! tickets: eventbrite.co.uk Saturday 30 August The Brick Stop–Lego Bus Exhibition 10.00am–The Compound, 161 Bexhill Rd, Hastings A fun-filled Lego adventure for all ages! tickets: eventbrite.co.uk Electric Palace Cinema Open House & Coastal Currents Exhibition 10.30am–Electric Palace, 39A High St Kids’ Beach Party 12.00pm–The Compound,
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161 Bexhill Rd, Hastings
Paddling pool, ping
pong, food and more!
Kids Beach Party Tickets,
Sat, Aug 30, 2025 at
12:00 PM | Eventbrite
**Project Art Works
Open Studio**
12.00pm–Project
Art Works, Arch 1
Braybrooke Terrace
**Beach Party @ The
Compound**
5.00pm–The Compound,
161 Bexhill Rd, Hastings
Live music from The
Cavaliers, Silent Disco,
Food, BYOB–Beach Party!
Tickets, Sat, Aug 30, 2025
at 5:00 PM | Eventbrite

Sunday 31 August
**The Brick Stop–Lego
Bus Exhibition**
10.00am–The Compound,
161 Bexhill Rd, Hastings
A fun-filled Lego ad-
venture for all ages!
tickets: [eventbrite.co.uk](#)
**Project Art Works
Open Studio**
12.00pm–Project
Art Works, Arch 1
Braybrooke Terrace

Monday 1 September
**The Brick Stop–Lego
Bus Exhibition**
10.00am–The Compound,
161 Bexhill Rd, Hastings
A fun-filled Lego ad-
venture for all ages!
tickets: [eventbrite.co.uk](#)

Tuesday 2 September
**The Brick Stop–Lego
Bus Exhibition**
10.00am–The Compound,
161 Bexhill Rd, Hastings
A fun-filled Lego ad-
venture for all ages!
tickets: [eventbrite.co.uk](#)

Wednesday 3 September
**The Brick Stop–Lego
Bus Exhibition**
10.00am–The Compound,
161 Bexhill Rd, Hastings
A fun-filled Lego ad-
venture for all ages!
tickets: [eventbrite.co.uk](#)

Thursday 4 September
**The Brick Stop–Lego
Bus Exhibition**
10.00am–The Compound,
161 Bexhill Rd, Hastings
A fun-filled Lego ad-
venture for all ages!
tickets: [eventbrite.co.uk](#)
Volunteers’ Evening
7.00pm–The Stables
Theatre, The Bourne

Friday 5 September
**The Brick Stop–Lego
Bus Exhibition**
10.00am–The Compound,
161 Bexhill Rd, Hastings
A fun-filled Lego ad-
venture for all ages!

tickets: [eventbrite.co.uk](#)

Saturday 6 September
**Project Art Works
Open Studio**
12.00pm–Project
Art Works, Arch 1
Braybrooke Terrace
Neighbourhood Knees-Up
1.00pm–West Hill
Community Centre,
Croft Rd
Music, dancing, BBQ and
beer. Taster class sessions!
**88, The Untold Story of a
Revolution book tour: a
conversation with Kate
Magic and C.J. Stone**
7.00pm–Dark Circles Coffee
& Music Bar, 6, Marine
Court, St Leonard’s-on-Sea,
St Leonards
Free tickets @ [ra.co/
events/2234291](#) Instagram
[@untoldrevolution88](#)
Retro Games Night
7.30pm–The Stables
Theatre, The Bourne

Sunday 7 September
Wedding Showcase
12.00pm–Hastings
Museum & Art Gallery,
John’s Place, Bohemia Rd
Free entry. Goodie bag for
first 25 entrants. Showcase
of wedding suppliers.
**Project Art Works
Open Studio**
12.00pm–Project
Art Works, Arch 1
Braybrooke Terrace

Monday 8 September
**Bexhill’s Spirit of
the Wild West**
10.00am–De La Warr
Pavilion, Marina, Bexhill
A full day of family fun
and live entertainment.
**The Goodness Collective
at the Crown**
10.30am–The Crown, 64-66
All Saints’ St
Free! [makingyourway.co.uk](#)

Wednesday 10 September
**Georgian State
Ensemble, Rustavi,
Workshop and Supra**
6.00pm–Henry Ward
Hall, 45 Robertson St

WEEKLY EVENTS

Sundays
**Hastings Beach
Meditation**
9.00am–Hastings Motor
Boat & Yacht Club, Rock-A-
Nore Parade
40mins of quiet medita-
tion on beach opposite.
Check Hastings Beach
Meditation on Facebook
Weekly Indoor Market
10.00am–Saint Leonards
Church Market, London Rd,
St Leonards
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
cosy, hearty food and de-
licious cocktails. The first 3
Sundays of the month. Book
at [hgkhastings@gmail.com](#)
Culture Club
10.45am–The Crown, 64-66
All Saints’ St
a group for grown ups
who love books, 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.
**Social Sundays
at The Nest**
2.00pm–The Nest, The Old
Town Hall
A relaxed weekly social
space for neurodivergent
adults (16+) Come along
for chats, games, option-
al creative activities or
just a quiet cuppa in a
calm, friendly space.

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,
Hastings
Craig’s Cabin asks for vol-
unteers 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,
St Leonards
All abilities welcome
Pop Quiz
7.30pm–The Piper, 1
Norman Rd, St Leonards
Dave Valentine your Host
Overeaters Anonymous
7.30pm–Clifton Centre,
1 and 2 Stainsby
St, St Leonards
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, Hastings

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,
Hastings
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-
leys@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–Hastings Centre,
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,
Hastings
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, St Leonards
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,
St Leonards, Hastings
Auction items accepted
from 9am-1pm. Contact
[weststleonardsca@
gmail.com](#) to confirm.
Bar open untill late
Men’s Walk and Talk
7.00pm–Azur, Marina
Pavillion, 44-37 Marina,
Hastings, St Leonards
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.
[thechoir@gmail.com](#)

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,
Hastings
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,
St Leonards, Hastings
Contact [weststleonardsca@
gmail.com](#) for details
**The Barbarian
Wolf Chess Club**
5.15pm–The Horse &
Groom, 4 Mercatoria,
St Leonards
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,
St Leonards, Hastings
Bar open for the duration.
Contact [weststleonardsca@
gmail.com](#) for details
Hastings Town Singers
7.00pm–Ark Castledown
Primary Academy,
Priory Rd
A friendly non-auditioning
community choir. Free
taster sessions. [hast-
ingstownsingers.co.uk](#)
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](#)
**Health Walk Church
Wood St Leonards**
10.30am–Church Wood,
Hastings
Meet at Nature reserve
car park, free one hour
walk, just pop along [tcv.
org.uk/southeast/sussex](#)
**Singing Down
Memory Lane**
10.30am–St. Augustine’s
Church Hall, Bexhill-on-
Sea, St Augustine’s Close,
Cooden Dr, Bexhill
Free singing group for
people with Dementia and
their carers in Bexhill.
Every 1st and 3rd Friday.
[discdementiasupport.org](#)
The Damascus Runners
11.00am–Bonjour Café, 13
Grand Parade, St Leonards
Social walking group, meet
on the seafront opposite
**Broomgrove Youth
Club Sessions**
4.30pm–Broomgrove
Community Centre,
85 Chiltern Dr
[sarah.adams@freshvisions.
org.uk](#) Bev [07732 823800](#)

Saturdays
Saturday Table Sales
9.30am–Christ Church
St Leonards on Sea,
Silchester Rd, St Leonards
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,

Crossword Solution No 284:
Across: 1. Pilots 3. Praise (anagram) 4. Re -d- bus
Down: 1. Pauper (anagram) 2. Steers



from tents to trom- bones. Find out more: umbrellasussex.org.uk.
Weekly Indoor Market
10.00am–Saint Leonards Church Market, London Rd, St Leonards
Weekly market: clothes, bits, food, tarot. Stalls still available. stleo-schurch.co.uk
Heritage Explorers
10.00am–Christ Church St Leonards on Sea, Silchester Rd, St Leonards
Free drop-in family art & heritage activities.
Monthly Vinyl Market
11.00am–The Piper, 1 Norman Rd, St Leonards
Thai food at the Albert
2.00pm–The Royal Albert, 293 Battle Rd, Hastings
Gravity & Grace
2.30pm–Clifton Centre, 1 and 2 Stainsby St, St Leonards
Taking care of mind, body & soul with the Alexander Technique. Introductory talks/workshops. Booking not required, Suggested donation £5. For further details contact Chris livingtenderly@yahoo.co.uk
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm–Clifton Centre, 1 and 2 Stainsby St, St Leonards
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! Read more at meetup.com



CLASSES & WORKSHOPS

Saturday 30 August
Gong and Sound Bath
6.30pm–The Humble Hub, 4-5 Shepherd St, St Leonards
thehumblecollective.co.uk

Sunday 31 August
Paint Your Own Silk Football Scarf
1.00pm–De La Warr Pavilion, Marina, Bexhill

WEEKLY CLASSES

Sundays
Flow Into Resonance
9.00am–18 Silchester Rd, St Leonards
The Humble Heart, thehumblecollective.co.uk
Yoga Flow
9.15am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Flow Into Resonance
9.30am–The Humble Heart, 18 Silchester Rd, St Leonards

Tamara Klien £16 thehumblecollective.co.uk
Flow Into Resonance
9.30am–The Humble Heart, 18 Silchester Rd, St Leonards
thehumblecollective.co.uk
Sunday Brunch-time Kid's Art Club
10.00am–Smokeshack, St Andrews Mews c.hwatts.art@gmail.com
Gardening Workshop
12.00pm–161 Bexhill Rd, Hastings
Regency Dance Workshop
2.00pm–St Peter & St Paul Church in the Parish of St. John the Evangelist, Parkstone Rd
dianadancer@btinternet.com
Conscious Connected Breathwork
2.00pm–18 Silchester Rd, St Leonards
The Humble Heart, Angelthehumblecollective.co.uk
Yin Yoga
3.00pm–Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
Relax & Renew, Restorative Yoga
3.00pm–St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Big Yin Energy Yoga
3.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square
madre-sl.com
Album Sharing
7.00pm–18 Silchester Rd, St Leonards
The Humble Heart, thehumblecollective.co.uk
Dynamic Anatomy Yoga
7.00pm–West Hill Community Centre, Croft Rd
dynamicanatomy.co.uk/yoga

Mondays
Desert to Sea Yoga Flow
7.30am–The Humble Hub, 4-5 Shepherd St, St Leonards
thehumblecollective.co.uk
Kettlebells
9.15am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Slow Flow Yoga (Open Level)
9.30am–St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Pilates: Multi Level
9.30am–The Humble Hub, 4-5 Shepherd St, St Leonards
Beginners Vinyasa Flow
9.30am–Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
Cygnets Swans
9.45am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Circuits
10.00am–Isabel Blackman

Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults
10.00am–St Matthew's Church, London Rd, Hastings
sjflack.art
The Monday Grow Project
10.00am–Art in the Park, Arts on Prescription, Alexandra Park,
info@artsonprescription.org
Tai Chi Beginners
11.00am–The Humble Hub, 4-5 Shepherd St, St Leonards
Yoga Over 60 – maintaining movement
11.00am–St Leonards Studio, Royal Victoria
zowie@stleonards.studio
Choir Practice!
11.00am–The Chapel of Christ's Stillness, Moon Cott
thechapelofchristss-tillness.co.uk
Silver Swans Ballet
11.00am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Cancer Rehab
1.00pm–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Inclusive Dance for Adults with Complex Needs
1.45pm–Hastings Centre, The Hastings Centre The Ridge
dancehastings@gmail.com
Monday Meditation Circle
2.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards
LGBTQ+ social meet
2.15pm–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
FREE Make Your Mark Workshop (0-4yrs)
2.30pm–Stade Hall, The Stade
Chair Yoga
3.00pm–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Origami
3.00pm–Isabel Blackman Centre, Winding St
Silver Swans Ballet Class
4.00pm–Ore Community Centre, 455 Old London Rd
Annie on 07704 711772
Drum Club (15-16yrs)
4.15pm–West Hill Community Centre, Croft Rd
£6.50. juliansam-badrums@gmail.com
Kids Aerial Hoop
4.30pm–The Humble Hub, 4-5 Shepherd St, St Leonards
£9 Samantha Beagley,
Beginners Pointe Class
5.30pm–Ore Community Centre, 455 Old London Rd
07704 711772
Multi level Pilates
5.30pm–Isabel Blackman Centre, Winding St

isabelblackmancentre.co.uk
Darragh Dance
5.30pm–Afri-Co-Lab, 3, Marine Court, St Leonards
£10, £5 concessions.
afri-co-lab.org
Qigong with Sigrid
5.45pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square
qigonsigrid@gmail.com
Iyengar Yoga Beginners Class
6.00pm–The Humble Heart, 18 Silchester Rd, St Leonards
thehumblecollective.co.uk
Foundations of Yoga with Paula
6.00pm–St Leonards Studio, Royal Victoria
paula@stleonards.studio
Dynamic Vinyasa
6.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards
£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, St Leonards
hotyogahastings.co.uk
Pole dance
6.30pm–Free Bird Fitness, Silchester Rd, St Leonards
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
martialartsthastings.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
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, St Leonards
thehumblecollective.co.uk
Pole heels choreo
7.45pm–Free Bird Fitness, Silchester Rd, St Leonards
freebirdfitness.uk
Yang to Yin Yoga
7.45pm–The Humble Heart, 18 Silchester Rd, St Leonards

thehumblecollective.co.uk
Aerial Hoop Class
8.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards
£15 ActiveCherry,

Tuesdays
Dynamic Vinyasa
7.30am–The Bank Hotel & Bistro, 28-29 Grand Parade, St Leonards
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, St Leonards
£150 per session thehumblecollective.co.uk
Yogalates
8.00am–The Humble Heart, 18 Silchester Rd, St Leonards
thehumblecollective.co.uk
Intermediate Pilates
9.00am–Isabel Blackman Centre, Winding St
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, St Leonards
stleonardsartschool@outlook.com
Pilates with Lucy Paffard
9.30am - lucypaffard@gmail.com
Writing Life
10.00am–DAYDREAM, Robertson St
nicky@diamond-minds.co.uk
YOYO Arts Club
10.00am–Art in the Park, Alexandra Park
£5 per child, £2 sibling.
Beginners' French
10.00am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Space & Flow Yoga
10.00am–The Wellington Health & Wellbeing Centre, 44 Wellington Square
The Crown Knitters
10.00am–The Crown, 64-66 All Saints' St
thecrownhastings.co.uk
5 Rhythms Dance
10.00am–The Humble Hub, 4-5 Shepherd St, St Leonards
5 Rhythms Movement Metaphor
10.00am–Crown House, Marina, Hastings, St Leonards

info@artsonprescription.org
Dynamic Breathwork
10.30am–18 Silchester Rd, St Leonards
The Humble Heart, thehumblecollective.co.uk
Conversational French
11.00am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Needle Felt
11.00am–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults
11.00am–12 Maze Hill, St Leonards
stleonardsartschool@outlook.com
Hot Yoga Hastings
11.00am–Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
The Snug Room: Energy Healing & Development Class, monthly
11.00am–The Humble Heart, 18 Silchester Rd, St Leonards
thehumblecollective.co.uk
Beginners Line Dance Classes
11.15am–All Saints Hall, 142 All Saints' St
0748047236
People's Health Alliance (PHA) Wellbeing Clinic
12.00pm–St Leonards Studio CIC, The Royal Victoria Hotel, St Leonards
pha@stleonards.studio
Matwork Pilates
12.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards
Needle Felt 2
1.00pm–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Brain Function Fitness
1.00pm–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
The Snug Room
1.00pm–The Humble Heart, 18 Silchester Rd, St Leonards
Online Chair Yoga
2.00pm–Via Zoom
sueyoga1066@gmail.com
Art & Social Club
2.00pm–Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hand Embroidery Afternoon Course
2.00pm–53 London Rd, St Leonards
Conversational French lessons
2.00pm–Ore Community Library, Old London Rd
french.tutor.1066@gmail.com
The Untamed Body
2.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards
FREE Make Your Mark Workshop (0-4yrs)
2.30pm–Stade

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The HIP List

sponsored by

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

Hall, The Stade
Writers' Cafe
3.00pm–Barnaby's Lounge,
46 Robertson St
lu.ma/qwxvv9c8
Weight Training
Beginners
3.00pm–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Bone Strengthening Pilates
3.00pm–The Humble
Heart, 18 Silchester Rd,
St Leonards
thehumblecollective.co.uk
Writers' Cafe
3.00pm–Barnaby's Lounge,
46 Robertson St
lu.ma/writerscafe
Art Classes for Adults
4.00pm–12 Maze Hill,
St Leonards
stleonardsartschool@outlook.com
Ore Youth Club Sessions
4.30pm–Ore Community
Centre, 455 Old London Rd
sarah.adams@fresh-visions.org.uk
Bone Strengthening Pilates
4.30pm–West Hill
Community Centre,
Croft Rd
07507 212392
Knitting Yarns
5.00pm–Sugarpie
Honeybuns, 235
London Rd, St Leonards
07397 794879
Traditional Yoga
5.00pm–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults
5.00pm–12 Maze Hill,
St Leonards
£13.50 per person–All
Materials Included.
stleonardsartschool@outlook.com
Gary Marriott's
Tune up Tuesdays
5.15pm -Town Centre
Text *07986 911083* for info
Strength and conditioning
5.30pm–Free Bird Fitness,
Silchester Rd, St Leonards
freebirdfitness.uk
Pilates with Sally Paffard
5.30pm–West Hill
Community Centre,
Croft Rd
07973 530911
Weighted Neuro
Gym Session
6.00pm–Elphinstone Road,
Elphinstone Rd
Play Sport Fitness Hub
eequ.org/experience/6816
Old Town Yoga
6.00pm–Stade Hall,
The Stade
oldtownyoga.co.uk
Sunset Flow with Hannah
6.00pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
hola@madre-sl.com
Comedy Improv
Drop In Class
6.00pm–Cake Room, 30
Robertson St

Vinyasa Yoga
6.00pm–The Humble
Hub, 4-5 Shepherd St,
St Leonards
thehumblehub.co.uk
School pole flow
6.30pm–Free Bird Fitness,
Silchester Rd, St Leonards
freebirdfitness.uk
Silver Swans Ballet Class
6.30pm–Ore Community
Centre, 455 Old London Rd
07704 711772
Vinyasa Flow
6.30pm–Bank House Studio
karen@yoga-by-the-sea.co.uk
Belly Dance Class
6.30pm–Stade Hall,
The Stade
Cate 'Caasi' Brick Facebook
Tantra Kundalini
6.30pm–18 Silchester Rd,
St Leonards
The Humble Heart,
thehumblecollective.co.uk
Men's Circle
7.00pm–4 George St
pipshastings.com
Art Classes for Adults
7.00pm–12 Maze Hill,
St Leonards
stleonardsartschool@outlook.com
Kadampa Buddhist
Meditation Class
7.00pm–Saint Nicholas
Centre, St Nicholas Centre,
London Rd, St Leonards
meditateinsussex.org
Adult Tap Dancing
7.30pm–Laton Ash Dance
Centre, 18 Laton Rd
Call *01424 434774* to book.
Dynamic Vinyasa
7.30pm–The Humble
Hub, 4-5 Shepherd St,
St Leonards
thehumblecollective.co.uk
Country Dancing
7.30pm–Saint Matthews
Church Centre, St.
Matthews Church Centre,
London Rd, Hastings
Contact *07526 567537*
Mixed pole fitness
7.45pm–Free Bird Fitness,
Silchester Rd, St Leonards
freebirdfitness.uk
Seen on Screen
Dance with Rosie
7.45pm–The Y Centre, 26
St Paul's Rd, St Leonards
sos.dance
Yoga for Insomnia
8.12pm–The Humble
Heart, 18 Silchester Rd,
St Leonards
thehumblecollective.co.uk
Heels Class
8.45pm–The Humble
Hub, 4-5 Shepherd St,
St Leonards
thehumblecollective.co.uk
Wednesdays
Yoga Flow
7.30am–The Humble
Hub, 4-5 Shepherd St,
St Leonards
thehumblehub.co.uk
Garuda Pilates
9.00am–The Humble
Hub, 4-5 Shepherd St,

St Leonards
thehumblehub.co.uk
Pump & Tone
9.00am–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Adventures Through
Movement and
Music (0-2 years)
9.00am–Mini Playhouse,
26 White Rock
pitterpatterarts@gmail.com
Seated Strength
Exercise Class
9.15am–Elphinstone Road,
Elphinstone Rd
eequ.org/experience/8223
Yoga & Meditation
9.30am–The Bank Hotel &
Bistro, 28-29 Grand Parade,
St Leonards
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
pitterpatterarts@gmail.com
The Snug Room:
Psychotherapy &
counselling
10.00am–The Humble
Heart, 18 Silchester Rd,
St Leonards
thehumblecollective.co.uk
Qigong
10.00am–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Wellbeing Wednesdays
10.00am–Art in the Park,
Alexandra Park, Lower
Park Rd, St Helen's Park Rd
info@artsonprescription.org
Crowninos Kids Group
10.00am–The Crown, 64-66
All Saints' St
For 0-4yo
Spanish – Adult Beginners
10.00am–First floor,
7 Cambridge Rd
spanishonseaschool@
gmail.com or Españoles
en Hastings FB page
Elemental Yoga
with Catherine
10.30am–St Leonards
Studio, Royal Victoria
catherineburnett12@
gmail.com
Qi Gong with Catherine
10.30am–Royal Victoria
Hotel, Marina, St Leonards
catherine-burnett12@
gmail.com
Musical Drama (2-4 years)
11.00am–Mini Playhouse,
26 White Rock
pitterpatterarts@gmail.com
Art Classes for Adults
11.00am–12 Maze Hill,
St Leonards
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,

St Leonards
liorwellnessstudio.com
Parent Toddler
Singalong Session
11.30am–Early Help
Keywork Service, Ocean
House, 87-89 London Rd,
St Leonards
Adult Ballet Classes
12.00pm–Laton Ash Dance
Centre, 18 Laton Rd
Call *01424 434774* to book.
Therapeutic Yoga
12.30pm–The Hastings
Centre the Ridge, The Ridge
ninayoga.co.uk
Let's Do Lunch
12.30pm–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Legs Bums & Tums
1.00pm–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
St Leonards' Writers
1.00pm–St Ethelburga
Church, St Saviours Rd,
St Leonards
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,
St Leonards
thehumblecollective.co.uk
Hatha Yoga for You
2.00pm–St Leonards
Studio, Royal Victoria
louise@stleonards.studio
Mark Your Mark
Workshop (0-4yrs)
2.30pm–Stade
Hall, The Stade
HIIT cardio
3.00pm–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Level 1 Class, T'ai Chi
Ch'uan: Long Yang Form
3.00pm–The Humble
Hub, 4-5 Shepherd St,
St Leonards
thehumblehub.co.uk
Art Classes for Kids
4.15pm–12 Maze
Hill, St Leonards
stleonardsartschool@outlook.com
Mystical Yoga at
The Bale House
4.45pm–The Bale House
Hastings Country Park
Visitor Centre, Lower
Coastguard Ln, Fairlight
enchantedmalas@gmail.com
Qigong with Sigrid
5.30pm–Greek Orthodox
Community Hall, St
Margarets Rd, St Leonards
qigongsigrid@gmail.com or *07492 209190*
Martial Arts Free
Trial Lesson
5.45pm–Ark Alexandra
Academy (Staff en-

trance), Park Ave
martialartshastings.com
Art Classes for Adults
6.00pm–12 Maze
Hill, St Leonards
stleonardsartschool@outlook.com
Beginners Pole
6.00pm–The Humble
Hub, 4-5 Shepherd
St, St Leonards
thehumblehub.co.uk
Hatha Yoga
6.00pm–Lior Wellness
Studio, 7A London
Rd, St Leonards
liorwellnessstudio.com
Yoga with Marjolyn
6.00pm–St Leonards
Studio, Royal Victoria
07929 577985
Adult Tap Class
for Beginners
6.15pm–7 Mercatoria,
St Leonards
kimhaviland@gmail.com
Laughter Yoga with Bev
6.30pm–The Jenny
Lind Inn, 69 High St
bevjones@laughyourselftohealth.com
Pregnancy Yoga &
Birth Preparation
6.30pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
mae@maedewsbury.co.uk
Mixed pole fitness
6.45pm–Free Bird Fitness,
Silchester Rd, St. Leonard's-
on-Sea, St Leonards
freebirdfitness.uk
Art Classes for Adults
7.00pm–12 Maze
Hill, St Leonards
stleonardsartschool@outlook.com
Dynamic Rhythm &
Release with Kirsty
7.00pm–18 Silchester
Rd, St Leonards
The Humble Heart, *thehumblecollective.co.uk*
Men's Stretch & Relaxation
7.00pm–4 George St
pipshastings.com
Intermediate pole
7.00pm–The Humble
Hub, 4-5 Shepherd
St, St Leonards
thehumblehub.co.uk
Zumba
7.00pm–Broomgrove
Community Centre,
85 Chiltern Dr
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
aoibarameditation.co.uk
Kundalini Yoga and
Meditation Class
7.30pm–The Ballroom,
Bank Hotel & Bistro, 28-29

Grand Parade, St Leonards
soulpowerkundaliniyoga.co.uk
Argentine Tango
Social Dance
8.00pm–The White Rock
Hotel, 1-10 White Rock
pennythepoetess@yahoo.co.uk
Relaxation:
With Sally Paffard
8.00pm–Zoom class
£4. *sallypaffard@gmail.com*
Classique Pole Class
8.00pm–The Humble
Hub, 4-5 Shepherd St,
St Leonards
thehumblehub.co.uk
Thursdays
Dynamic Anatomy Yoga
7.00am–West
Hill Community
Centre, Croft Rd
dynamicanatomy.co.uk/yoga
The Celestial Room:
Functional Kinesiology
7.00am–The Humble
Heart, 18 Silchester
Rd, St Leonards
thehumblecollective.co.uk
Ashtanga Yoga –
Assisted Self Practice
7.15am–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
ashtangayogahastings@gmail.com
The Snug Room:
Bioresonance Testing
8.00am–The Humble
Heart, 18 Silchester
Rd, St Leonards
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
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,
St Leonards
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
lucy.jenner@move-itorloseit.co.uk
Thursdays Just Jam
10.00am–Art in the Park,
Arts on Prescription, *info@artsonprescription.org*
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 Healthy Joints 10.30am–Isabel Blackman Centre, Winding St <i>info@artsonprescription.org</i> Pilates, Mat Based 11.00am–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblehub.co.uk</i> Boxing for fun 11.45am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Dynamic Vinyasa 12.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square The Journaling Pharmacy 12.00pm–45 St Leonards Rd, Bexhill <i>nicky@diamond-minds.co.uk</i> Online Vinyasa Flow with Elena Voce 12.45pm - <i>yogawithelenaVOICE.co.uk</i> Iyengar Yoga Classes 1.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square <i>howdowebeginagain@gmail.com</i> Tai Chi 1.00pm–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Beginners Line Dance Classes 2.00pm–Pebsham Community Hub, 70 Seabourne Rd, Bexhill 0748047236 Free art sessions for carers And those they care for 2.30pm–Hastings Contemporary, Rock-a-Nore Rd <i>info@drawinglife.org</i> Mark Your Mark Workshop (0-4yrs) 2.30pm–Stade Hall, The Stade Yoga with Marjolyn 3.00pm–St Leonards Studio, Royal Victoria Contact: 07929 577985 Writers' Cafe 3.00pm–Barnaby's Lounge, 46 Robertson St <i>lu.ma/qwxvv9c8</i> Pilates (beginners) 3.00pm–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Writers' Cafe 3.00pm–Barnaby's Lounge, 46 Robertson St <i>lu.ma/writerscafe</i> Art Classes for Adults 4.00pm–12 Maze Hill, St Leonards <i>stleonardsartschool@outlook.com</i> Kid's Aerial Hammocks (Age 7-13) 4.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblehub.co.uk</i> Full Body PNF Stretch & Flow 4.45pm–St Leonards Studio	CIC, The Royal Victoria Hotel, St Leonards <i>ultimatefitnessworld.co.uk</i> Aerial Slings 5.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards <i>the-humblehub.co.uk</i> The Egyptian Room: Yoga Therapy–Yoga by The Sea 5.30pm–The Humble Heart, 18 Silchester Rd, St Leonards <i>thehumblecollective.co.uk</i> Tilekiln Youth Club Sessions 5.30pm–Tilekiln Community Centre, Tilebarn Road, St Leonards-on-Sea <i>sarah.adams@freshvisions.org.uk</i> Bev 07732 823800 Yin Yoga 5.45pm–Lior Wellness Studio, 7A London Rd, St Leonards <i>liorwellnessstudio.com</i> Kundalini Yoga & Meditation with Yeli 6.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square <i>yeli@happiness-holistichealth.uk</i> Art Classes for Adults 6.15pm–12 Maze Hill, St Leonards £20 per person. <i>stleonardsartschool@outlook.com</i> Samba Dance Classes for all levels 6.30pm–The Carlisle, 24 Pelham St <i>@Braziliantsamba</i> Pole heels choreo 6.30pm–Free Bird Fitness, Silchester Rd, St. Leonard's-on-Sea, St Leonards <i>freebirdfitness.uk</i> Transformational Somatic Breathwork 6.30pm–The Humble Heart, 18 Silchester Rd, St Leonards RachelBednarski £20 <i>thehumblecollective.co.uk</i> Mandala Vinyasa Flow (Advanced) 6.30pm–Hot Yoga Hastings, 21 St Peter's Rd, St Leonards <i>hotyogahastings.co.uk</i> Adult Ballet Classes 7.00pm–Laton Ash Dance Centre, 18 Laton Rd Call 01424 434774 to book. Rocket Yoga 7.15pm–18 Silchester Rd, St Leonards The Humble Heart, <i>thehumblecollective.co.uk</i> Mandala Vinyasa Flow 7.30pm–The Humble Heart, 18 Silchester Rd, St Leonards <i>humblecollective.co.uk</i> Intermediate ad- vanced pole fitness 7.35pm–Free Bird Fitness, Silchester Rd, St Leonards <i>freebirdfitness.uk</i> Aerial Hoop Class 9.15pm - The Humble	Hub, 4-5 Shepherd St, St Leonards <i>thehumblehub.co.uk</i> Fridays Breathe and Stretch with Karen Arthur 8.00am–Afri-Co-Lab, 3, Marine Court, St Leonards <i>afri-co-lab.org</i> Pilates: Improver–Intermediate level 9.00am–The Humble Hub, 4-5 Shepherd St, St Leonards Pilates: mixed ability with Sally Paffard 9.00am–Zoom class <i>sallypaffard@gmail.com</i> Traditional Yoga 9.00am–Horntye Park Sports Complex, Bohemia Rd, St Leonards <i>ninayoga.co.uk</i> IBC Traditional Yoga 9.30am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Qigong with Sigrid 9.30am–West Hill Community Centre, Croft Rd 07492 209190 Tiny Voices 9.30am–Stade Hall, The Stade Beginners Spanish 10.00am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Seated Exercise Class 10.15am–Play Sport Fitness Hub, Elphinstone Road <i>eequ.org/experience/7024</i> Mindful Yoga 10.30am–Royal Victoria Hotel, Marina, St Leonards <i>zowie@stleonards.studio</i> Friday Print Group 10.30am–Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, <i>info@artson-prescription.org</i> Classical Yoga 10.30am–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective.co.uk</i> Move it or Lose It Fitness Class 11.00am–Play Sport Fitness Hub, United Sports and Social Club, Elphinstone Rd Art Classes for Adults 11.00am–12 Maze Hill, St Leonards <i>stleonardsartschool@outlook.com</i> Conversational Spanish 11.00am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Breathe Better 11.00am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yin Yoga 11.30am–Horntye Park Sports Complex, Bohemia	Rd, St Leonard's on Sea <i>ninayoga.co.uk</i> Slow & Steady Mobility 1.00pm–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> The Snug Room 1.00pm–The Humble Heart, 18 Silchester Rd, St Leonards Mark Your Mark Workshop (0-4yrs) 2.30pm–Stade Hall, The Stade Chair Yoga – A Supported Approach 2.30pm–St Leonards Studio, Royal Victoria <i>zowie@stleonards.studio</i> or visit <i>stleonards.studio</i>. Table Tennis 2.30pm–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Senior Strength 3.00pm–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Kids Circus 4.15pm–Free Bird Fitness, Silchester Rd, St. Leonard's-on-Sea, St Leonards <i>freebirdfitness.uk</i> Shakti, Stillness, Sound 5.30pm–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective.co.uk</i> Beginner aerial skills 5.30pm–Free Bird Fitness, Silchester Rd, St Leonards <i>freebirdfitness.uk</i> Martial Arts Free Trial Lesson 5.45pm–Ark Alexandra Academy (Staff entrance), Park Ave <i>martialartshastings.com</i> Old Town Yoga 6.00pm–Stade Hall, The Stade <i>oldtownyoga.co.uk</i> Beginners Creative Writing Group 6.15pm–Clifton Centre, 1 and 2 Stainsby St, St Leonards <i>info@thecliftoncentre.com</i> Improvers aerial hoop 6.45pm–Free Bird Fitness, Silchester Rd, St. Leonard's-on-Sea, St Leonards <i>freebirdfitness.uk</i> Vibelle Dance Class-Shamanic Group Healing and Sacred Dance 7.30pm–The Humble Heart, 18 Silchester Rd, St Leonards <i>thehumblecollective.co.uk</i> Spiritual & Psychic, Personal Development Circle 8.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards Beginners Spiritual & Psychic, Personal Development Circle 8.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective-</i>	Heels Choreo Class 8.00pm–Free Bird Fitness, 2c Silchester Rd, St. Leonard's-on-Sea, St Leonards <i>megwestpfel@gmail.com</i> Spiritual, Psychic and Personal Development Group 8.00pm–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective.co.uk</i> Saturdays Yoga class 7.30am–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective.co.uk</i> Yoga Classes 7.30am–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective.co.uk</i> Power yoga 9.00am–The Humble Heart, 18 Silchester Rd, St Leonards <i>thehumblecollective.co.uk</i> Zoom Hatha Yoga 9.00am–Online only. <i>louiselovesyoga@gmail.com</i> Power Yoga 9.00am–The Humble Heart, 18 Silchester Rd, St Leonards <i>thehumblecollective.co.uk</i> Dynamic Sunset Flow with Kirsty 9.00am–18 Silchester Rd, St Leonards The Humble Heart, <i>thehumblecollective.co.uk</i> Pure stretch 9.15am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Aerobic class 9.30am–The Humble Hub, 4-5 Shepherd St, St Leonards <i>thehumblecollective.co.uk</i> Art Classes for Kids 10.00am–12 Maze Hill, St Leonards <i>stleonardsartschool@outlook.com</i> Strong Yoga with Lucy 10.00am–via Zoom <i>lamiles@hotmail.co.uk</i> Morning Flow Yoga	10.00am–Bank House, 144 London Rd, Hastings <i>yoga-by-the-sea.co.uk</i> Martial Arts Free Trial Lesson 10.00am–Ark Alexandra Academy (Staff entrance), Park Ave <i>martialartshastings.com</i> "Let It Flow"–all level Vinayasa Flow Yoga 10.30am–18 Silchester Rd, St Leonards The Humble Heart, <i>thehumblecollective.co.uk</i> Beginners Weight Training 10.30am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> "Let It Flow"–all level Vinayasa Flow Yoga 10.30am–The Humble Heart, 18 Silchester Rd, St Leonards <i>thehumblecollective.co.uk</i> "Let It Flow"–all level Vinayasa Flow Yoga 10.30am–The Humble Heart, 18 Silchester Rd, St Leonards <i>thehumblecollective.co.uk</i> Beginner aerial hoop 10.30am–Free Bird Fitness, Silchester Rd, St. Leonard's-on-Sea, St Leonards <i>freebirdfitness.uk</i> Intermediate French 11.00am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yoga Flow 11.30am–Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.45am–12 Maze Hill, St Leonards <i>stleonardsartschool@outlook.com</i> Women's Untamed Body Deep Dive 1.00pm–18 Silchester Rd, St Leonards The Humble Heart, <i>thehumblecollective.co.uk</i> Rebirthing Breathwork Group Session 7.30pm–The Humble Heart, 18 Silchester Rd, St Leonards The Humble Heart, <i>thehumblecollective.co.uk</i>
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