

Friday 12 to Thursday 25 September 2025

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

The Hip List

sponsored by

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

Children's Library

Widsen
SINCE 1896

I was working
testing for
water leaks.
At
The Memorial
under the
floor there
were water
valves...

I used to love
the Guinness
Festival clock.
I used to beg
my Mum to take
me to see it.
As a little kid it
was absolutely
amazing.

I had to
lay on the
floor to
listen to
what was
going
on.

We were coming
back from the
library, and the
Busey steps.
The table was
covered with
from the...

Widsen



While I
was
there
someone
kicked
me on
the foot.

Jepsons was
grand. There
were these
wonderful
wooden
staircases that
swept up either
side from the
ground floor.

It was a treat to
go and just look
upstairs at the
toys.
In a cabinet
downstairs was
the most
beautiful
dollhouse
furniture.

In the 2nd
World War
I remember
soldiers
with guns
protecting
the
Memorial
clock

It was a
police-
man and
he said,
"You're
drunk!"

The chap I
was
working
with
assured
him I was
doing my
job.

Mural in Gotham Alley on the
rear of the Observer building

Hastings
Independent

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

FESTIVALS

Friday 12 September Hastings Seafood and Wine Festival
Saturday 12 September - 14 September - Stade Open Space
Hastings Book Festival
Saturday 12 September - 22 September
Various events around Hastings and St Leonard's venues, visit hastings-bookfest.org/our-events for more details

Saturday 13 September Rye Harvest Festival
Saturday 13 September - 15 September - Rye Cricket Club, Fishmarket Rd
A showcase of local food, wine with music, talks and more. Tickets at wineand-foodfair.events/get-tickets

Sunday 14 September Hastings Garden Festival 2025
12.00pm - 5.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Theme - "Back to Brazil with Marianne North"

Friday 19 September Sono Electro Festival
Friday 19 September - 28 September - Electro Studios, Seaside Rd
A 10 day festival exploring art through sound. More details at jameswilkie.xyz

MUSIC

Friday 12 September Barnaby's Bones Mike Hext + Geoff Mason
8.30pm - Barnaby's Lounge, 46 Robertson St
Ska-per
9.00pm - The Stade, Rock-A-Nore Rd

Saturday 13 September The Other Band – Americana/Blues
5.00pm - Barnaby's Lounge, 46 Robertson St
Kay Iris + Poppy Prescott
7.00pm - The Jenny Lind Inn, 69 High St
Rocking Americana with support from modern folk-jazz songwriter
Fell & Folk with Laura Fell and Woodpig
7.00pm - Hair And Hound, 196 Queens Rd
Luke Combs
7.30pm - White Rock Theatre, White Rock
Just Radiohead

7.30pm - White Rock Theatre, White Rock
Roger Carey, 70/55
7.30pm - Kino-Teatr, 43-49 Norman Rd
Bones Ate Arfa/ Honeybadger/ Cut The Ties
7.30pm - Source Park
Desert punk and indie rock
Sweet Williams/ HAEST/ Long Knives/ De Crane
7.30pm - The Pig, 37 White Rock
Hardcore punk and noise rock
Konarucchi + Shinks
8.00pm - Barnaby's Lounge, 46 Robertson St

Sunday 14 September Jazz Breakfast at Kino: Mike Hatchard presents the songs of Richard Rodgers & Tom Lehrer
11.00am - Kino-Teatr, 43-49 Norman Rd
Songs For Love + Peace
1.30pm - Barnaby's Lounge, 46 Robertson St
The Jukes
4.30pm - Barnaby's Lounge, 46 Robertson St

Wednesday 17 September Simon&ThePope +Avant Bavard
6.30pm - Kino-Teatr, 43-49 Norman Rd
Coal Porters
7.30pm - The Piper, 1 Norman Rd
Bluegrass group with members of the Long Ryders
The Rheingans Sisters
8.00pm - White Rock Theatre, White Rock

Friday 19 September Piper 7" Single Club: Murderers Are Optimists + Florescent
8.00pm - The Piper, 1 Norman Rd
Single release show from two of Hastings finest bands

Saturday 20 September WVR and Wayside present: Lower Slaughter/ Ritual Error/ The Veltmans/ De Crane
7.00pm - The Pig, 37 White Rock
Post punk and noise rock from Brighton and Hastings bands
Goldie Lookin Chain + John Mouse
7.00pm - De La Warr Pavilion, Marina, Bexhill

Sunday 21 September Jonas Larsson Jazz Trio
1.30pm - Barnaby's Lounge, 46 Robertson St
Bozard + Pearl Fish
4.00pm - The Jenny Lind Inn, 69 High St

Blues, art-rock and folk revival

Wednesday 24 September The Beast UK '86-87 Somewhere on Tour' Experience - Iron Maiden Tribute
7.30pm - White Rock Theatre, White Rock

Thursday 25 September Moving Pictures - A Tribute to Rush
7.30pm - White Rock Theatre, White Rock
Stick in The Wheel + Liz Overs
8.00pm - The Piper, 1 Norman Rd
East London modern folk duo

REPEATING MUSIC

Sundays Los Twangueros
7.00pm - The Jenny Lind Inn, 69 High St
Flamenco-jazz grooves
BYO Vinyl Night
7.00pm - The Jenny Lind Inn, 69 High St

Mondays The Jam on the Hill
8.00pm - The Plough Inn, 49 Priory Rd
Bring your instrument and voice and join in!
Twitten Revellers Open Session
8.30pm - The Bull Inn Battle, 27 High St
Monthly open folk session, every 3rd Monday.

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
Playing tunes from Ireland, England, Scotland and beyond
Albion Skiffle Sessions
8.30pm - Albion Hastings, 33 George St
Every 2nd and 4th Tuesday of the month

Wednesdays Open Mic
7.00pm - The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge
Cracklin' Griffins
7.00pm - The Seadog, 32 Station Rd
Unplugged folk

rock sessions
Dave Valentine's Music Quiz
7.30pm - Twelve Hundred Postcards, 80 Queens Rd
Every 3rd Wednesday of the month
Folk Session at the Dolphin
8.00pm - The Dolphin Inn, 11-12 Rock-A-Nore Rd
Every Third Wednesday of the month.
Mosaic Triangle Residency
8.00pm - Barnaby's Lounge, 46 Robertson St
Playing cool jazz, latin swing and post bop.
The Other Band
8.00pm - The Dolphin Inn, 11-12 Rock-A-Nore Rd
4th Wednesday a month. Classic Blues, R&B and Americana

Thursdays Hyphae Collective
7.00pm - Barnaby's Lounge, 46 Robertson St
Poetry & Music Jam with a houseband. Every 3rd Thursday of the month.
Open Mic Night
7.00pm - The Pig, 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
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

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
Punk Night
8.30pm - The Carlisle, 24 Pelham St
Monthly. Check Punk

Rock at the Carlisle for updates on bands

PERFORMANCE

Saturday 13 September The Forbidden Fruit Cabaret: Darcey Nox
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 14 September Acting Up!
12.00pm - Barnaby's Lounge, 46 Robertson St
The Hastings Literary Lounge Event
7.00pm - Barnaby's Lounge, 46 Robertson St

Tuesday 16 September Vitamin String Quartet - The Music of Taylor Swift, Bridgerton & Beyond
7.30pm - De La Warr Pavilion, Marina, Bexhill

Wednesday 17 September Darkness Forces Light
6.00pm - The Beacon, 67-68 St Mary's Terrace
Tickets: DARKNESS FORCES LIGHT Tickets, Wed, Sep 17, 2025 at 6:00 PM | Eventbrite
Bavard Bar
7.30pm - Kino-Teatr, 43-49 Norman Rd

Thursday 18 September The Perfect Number
7.30pm - 37 Earl St
As the Snow Falls
8.00pm - White Rock Theatre, White Rock

Friday 19 September Hastings Comedy Night
8.00pm - White Rock Theatre, White Rock

Saturday 20 September Shunta Morimoto (piano) - An Evening of Bach & Chopin
7.00pm - Kino-Teatr, 43-49 Norman Rd
Belief Systems - Language
7.00pm - Joyful Roots, 4a Hatherley Rd
A night filled with ideas about language, with Brook Tate, Laura Dunton-Clarke and Stage Left (with Tom Clarkson and Chiara Vinci)
Hastings Philharmonic Orchestra: HPO Recitals - Bach, Brahms & Schubert
7.00pm - Christ Church St Leonards on Sea, Silchester Rd
hastingsphilharmonic.com/20th-september-25
NT Live: Inter Alia
7.30pm - Electric Palace, 39A High St
Barry Morgan at the Hall
7.30pm - Henry Ward Hall, 45 Robertson St
Tickets: Barry Morgan

at The Hall - Mike's List
Avocado Improv @ The Hot Tap
8.00pm - HOT TAP Theatre, St Andrews Mews
Hosted by Dean Stalham, Hamz Za and HOT TAP THEATRE
The Forbidden Fruit Cabaret: Scarlett Harlett
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 21 September St Leonards Concerts: The Music of Rebecca Clarke
5.00pm - Christ Church St Leonards on Sea, Silchester Rd
stlconcerts.co.uk/event/the-music-of-rebecca-clarke/
Miriam Margolyes - From A to Z
7.30pm - De La Warr Pavilion, Marina, Bexhill

Wednesday 24 September The Adventures of Prince Achmed with live piano accompaniment from Mike Hatchard
7.30pm - Kino-Teatr, 43-49 Norman Rd

REPEATING

Tuesdays Open Mic Night
7.00pm - HOT TAP Theatre, St Andrews Mews
The One Good Thing or Are Ya Patrick Swayze?
7.30pm - The Stables Theatre, The Bourne

Wednesdays The One Good Thing or Are Ya Patrick Swayze?
7.30pm - The Stables Theatre, The Bourne

Thursdays The One Good Thing or Are Ya Patrick Swayze?
7.30pm - The Stables Theatre, The Bourne

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
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
Late Night Karaoke
11.00pm - Barnaby's Lounge, 46 Robertson St

Saturdays A Single Man
2.30pm and 7.30pm - The Stables Theatre, The Bourne



CINEMA

Friday 12 September
Eddington
3.00pm - Kino-Teatr,
43-49 Norman Rd
Rude Boy + Hastings
Punk Choir
7.30pm - Electric
Palace, 39A High St
Eddington
7.30pm - Kino-Teatr,
43-49 Norman Rd

Saturday 13 September
The Salt Path
3.00pm - Electric
Palace, 39A High St
Cocktail + Cocktail
Club Launch
7.30pm - Electric
Palace, 39A High St

Sunday 14 September
The Salt Path
11.00am - Electric
Palace, 39A High St
Eddington
2.00pm - Kino-Teatr,
43-49 Norman Rd
Who's Afraid of Virginia
Woolf? + Intro
3.00pm - Electric
Palace, 39A High St
The Warriors + The Art
of Adapting Stories
6.30pm - Electric
Palace, 39A High St

Wednesday 17 September
Ocean with David
Attenborough + Q&A
with Sussex Wildlife
Trust (FREE EVENT)
7.00pm - De La Warr
Pavilion, Marina, Bexhill

Thursday 18 September
Wind, Tide & Oar
11.00am - Electric
Palace, 39A High St
No Other Land
7.30pm - Electric
Palace, 39A High St

Friday 19 September
Videodrome 4K +
Introduction
7.30pm - Electric
Palace, 39A High St
This Spinal Tap
7.30pm - Kino-Teatr,
43-49 Norman Rd

Saturday 20 September
The Extraordinary
Miss Flower
3.00pm - Electric
Palace, 39A High St

Sunday 21 September
Some Like it Classic
11.00am - Electric Palace,
39A High St
Shot in beautiful 16mm
colour film over 7 years
in California, Hawaii,
Mexico, and France,
documenting fun and
stylish surfboarding and

pioneers of surfing history.
David Gilmour Live at the
Circus Maximus, Rome
2.00pm - Kino-Teatr,
43-49 Norman Rd
I Am Cuba - 60th
Anniversary 4K
Restoration + Intro
3.00pm - Electric
Palace, 39A High St
Monster Movie
Club: Poltergeist
7.00pm - The Pig,
37 White Rock

Thursday 25 September
The Extraordinary
Miss Flower
11.00am - Electric
Palace, 39A High St
This Spinal Tap
7.30pm - Kino-Teatr,
43-49 Norman Rd
Wind, Tide & Oar
7.30pm - Electric
Palace, 39A High St

REPEATING CINEMA

Wednesdays
Battle Community
Cinema: The
Penguin Lessons
7.30pm - Battle Memorial
Hall, 81 High St

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



ART

The annual Coastal
Currents Arts Festival
runs until 27 September
For all event listings see
coastalcurrents.org.uk
Afterglow II - Turps
(Group Exhibition)
Until 14 September
Hastings Arts Forum,
Marine Court
Art for Your Oceans
Until 14 September
Hastings Contemporary,
The Stade
Bexhill Art Weekender
13 to 14 September
De La Warr Pavilion,
Bexhill
Blueprint Go x Corbin
Shaw and Bexhill
Academy Exhibition
13 to 25 September
De La Warr Pavilion,
Rooftop Foyer, Bexhill
Blueprint Zone X: Lara
Hailey Exhibition
13 to 25 September
De La Warr Pavilion,
Rooftop Foyer, Bexhill
Christie Cassisa
Until 28 September
Stables Theatre Art Gallery,
The Bourne

Claudia Alarcon &
Silat: Tayhim
Until 14 September
De La Warr Pavilion,
Bexhill
Kate Delany Print
Exhibition
22 September un-
til 5 October
Introduced, Kings Rd
Susan Diamond -
State of the Art
Until 14 September
Rogue Gallery, Norman Rd
Kitty Ellery - Flux
Exhibition
Until 29 September
St. Andrews Mews,
Waldegrave St
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 in Stitches
Until end September
Hastings Town Hall
Have Your Cake & Eat
It - G Whizz Wheeler
(Half Price Studio Sale)
Until 22 September
Cake Room, Robertson St
Nick Hill - Three
Weeks in Provence
Until 1 October
Oscars on the Square,
Warrior Square
Lido Land
12 to 14 September
Electro Studios Project
Space, Seaside Rd
Michelle Mildenhall
- Sixty-Nine (15 Year
Retrospective)
Opening Night
12 September 6-10pm
13 and 14 September
Unit 2 Gallery,
8-10 London Rd
Janet Milner - From
Project 78 to the
Three Legs
Until 13 September
Tap Room Gallery,
Beeching Rd Studios
Holly Newman - People,
Places and Things
Until 2 October
The Crown, All Saints 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
Sono-Electro Sound

Art Festival
19 to 28 September
Electro Studios Project
Space, Seaside Rd
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary,
The Stade
Thin Places - Tom Banks
and Julie Ann Sheridan
Until 30 September
1200 Postcards, Queens Rd
Mark and Tessa Thonett
@ Blast Art Gallery
Until 31 October
St. Andrews Mews,
Waldegrave St
Tschabalala Self: Seated
Until 14 September 2025
De La Warr Pavilion
(Lawn), Bexhill
Undersea
Until 14 September
Hastings Contemporary,
The Stade
Miroslava Večerová
- Zubenelakrab
(site specific performance)
Sunday 14 September
5.45pm
De La Warr Pavilion
(tickets at dlwp.com)
Allan Weber - My Order
Until 14 September
De La Warr Pavilion, Bexhill
Juliette Willis
Until 2 October
The Crown, All Saints St
Christopher Winter
- Fathoms
Until 4 October
Project 78 Gallery,
Norman Rd
WOW III - Work on Walls
17 to 28 September
Hastings Arts Forum,
Marine Court



SPORT

Saturday 13 September
Football: Hastings Utd
v Broadbridge Heath
- Isthmian League
3.00pm - The Pilot Field,
Elphinstone Rd

Sunday 14 September
Football: Hastings Utd
Women v Steyning Town
Community - London &
SE Regional League
2.00pm - The Pilot Field,
Elphinstone Rd

Saturday 20 September
Football: Hastings Utd
v AFC Croydon Athletic
- Isthmian League
3.00pm - The Pilot Field,
Elphinstone Rd



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 ses-
sion 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
sussexcricket.co.uk/super-1s-hub
Active Hastings
Walking Football
6.00pm - TN34 2LD, Lower
Park Rd
Alexandra Park Multi-
Use Games Area £2
Adults 50+ Booking eequ.org/experience/6144
Badminton
8.00pm - Summerfields
Leisure Centre,
Bohemia Rd
£5.60 Adults Booking
freedom-leisure.co.uk
Hastings YMCA
Badminton Club
8.15pm - The Y Centre, 26 St
Paul's Rd
Adult club, limited spac-
es for juniors. Booking
essential £5.50 hastingsym-cabadmintonclub.co.uk

Tuesdays
Hastings Active Fit
11.00am - West St Leonards
Community Centre and
Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details
Badminton
6.00pm - Summerfields
Leisure Centre,
Bohemia Rd
£5.60 or £4.70 with a
Leisure Pass. Booking:
01424 457691
Judo with Hollington
Judo Club
6.15pm - Hollington
Community Centre, 1
Wishing Tree Rd N

£3.50 from reception
to year 6. Contact Neil
Chalcraft 07858 412184
Judo with Hollington
Judo Club
7.00pm - Hollington
Community Centre, 1
Wishing Tree Rd N
For children in years
7-11 contact Neil
Chalcraft 07858 412184
Hastings Women's
Indoor Rounders
7.30pm - The St Leonard's
Academy, Edinburgh Rd
info: hastingsrounders@gmail.com. In the Sports
Hall. Booking: eequ.org/experience/4956
Judo with Hollington
Judo Club
8.00pm - Hollington
Community Centre, 1
Wishing Tree Rd N
£5 Adults. Contact
Neil Chalcraft
Hastings YMCA
Badminton Club
8.30pm - Bexhill Leisure
Centre, Down Rd, Bexhill
Adult club, limited spac-
es for juniors. Booking
essential £5.50 hastingsym-cabadmintonclub.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,
Ebdon'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
Adult club, limited spac-



es for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk
Men's Fitness: Strength and Conditioning
8.00pm - Broomgrove Community Centre, 85 Chiltern Dr
Broomgrove residents or £3 To book: eequ.org/experience/7974

Thursdays
Hastings Active Fit
10.30am - West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details.
Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St
isabelblackman-centre.co.uk
Short Mat Bowling
2.00pm - West Hill Community Centre, Croft Rd
£3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners.
Hastings Mixed Indoor Rounders
7.00pm - Horntye Park Sports Complex, Bohemia Rd
[info: hastingsrounders@gmail.com](mailto:info:hastingsrounders@gmail.com). In the Sports Hall downstairs. Booking: eequ.org/experience/6227
Mixed Darts League
7.00pm - West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Bar open for the duration. Contact weststleonardsca@gmail.com for details
Heart and Sole Runners
7.00pm - Grosvenor Gardens
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
Members only. Booking essential £4.50 hastingsymcabadmintonclub.co.uk



EVENTS & ACTIVITIES

Friday 12 September
60s Dance Away: Back to School
12.00pm - Observer Building, 53 Cambridge Rd
Over 60s dancing. £5 on the door.
Music Quiz
7.00pm - St Paul's School, TN37 6RT, Horntye Rd
Raising money for the Hastings-Sierra Leone Link project. £5 per person, call Robin on 07812 487378 to book

Saturday 13 September
Serpentis with The Sound Apothecary & Abstract Source.
7.30pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd

Sunday 14 September
Hastings Garden Festival - Back to Brazil with Marianne North
12.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Free Event Expect food, drinks and music from Brazil, circus skills on the grass, creative activities, plants for sale, and inspiring student work on display eventbrite.com

Friday 19 September
The Three Lions Tour: John Barnes, Glenn Hoddle, Terry Butcher
7.30pm - White Rock Theatre, White Rock

Saturday 20 September
Hastings Writers Workshop Young Writers Club
9.30am - 7 Trinity Street
Taster session before the club starts in October. Encouraging kids to learn writing techniques, explore the art of storytelling.
Tides of Trade Market
11.00am - Stade Hall, The Stade

Monday 22 September
The Goodness Collective at the Crown
10.30am - The Crown, 64-66 All Saints' St
Free! makingyourway.co.uk

Thursday 25 September
Social Tea Dance

for the Elderly
2.00pm - St Michael's Hospice, 25 Upper Maze Hill
Accessible to those with limited mobility, and Dementia friendly. To book, or find out more, please contact Phillipa on 07790 698053 or email dancehastings@gmail.com
Myth Monster
3.30pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Tickets: Myth Monster - Hastings Museum and Art Gallery

REPEATING EVENTS

Sundays
Hastings Beach Meditation
9.00am - Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade
40mins quiet meditation on beach opposite. Check Hastings Beach Meditation on Facebook
Weekly Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleoschurch.co.uk
Brunch at the Beacon
10.30am - The Beacon, 67-68 St Mary's Terrace
Homeground Kitchen's cosy, hearty food and delicious cocktails. The first 3 Sundays of the month. Book at hgkhastings@gmail.com
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, optional creative activities or just a quiet cuppa in a calm, friendly space.

Mondays
Writing Hour
7.30am - 7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com
Dementia Carer Support Group (carers only)
10.00am - Robsack Centre, Bodiam Dr
Come for a chat and support, refreshments incl. Donations welcome. Every 3rd Monday dementiasupport.org
Volunteering: Hidden Eden Wellbeing Garden
10.15am - 27 Parsons Cl
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
All abilities welcome
Overeaters Anonymous
7.30pm - Clifton Centre, 1 and 2 Stainsby St
The Hastings and St Leonards Model Railway Club
8.00pm - Baldslow Memorial Hall, 216 Harrow Ln
New members welcome hastingsmrc.org.uk
Monday Night Quiz
8.00pm - Noah's Goat Hastings, 68 George St
Teams of up to 6, £2 p/p entry fee and prizes for winning and losing teams. Message/call if you'd like a table 01424 438791.

Tuesdays
Health Walk
St Leonards Seafront
11.00am - 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 sewitstuesday@outlook.com
Bingo Night
7.30pm - The Dolphin Inn, 11-12 Rock-A-Nore Rd
Booking advised: 01424 434326
Sound Waves Community Choir
7.30pm - Salvation Army, 26 St Andrew's Square
Free taster session. No auditions. admin@soundwaveschoir.org.uk
Ruxley's Crew Morris
8.15pm - West Hill Community Centre, Croft Rd
Morris dancing - with a Hastings pirate twist! crewruxleys@gmail.com

Wednesdays
Writing Hour
7.30am - 7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com
Conquest Green Gym
10.00am - Conquest Hospital, The Ridge

Conservation volunteering. Booking required. Contact for more details: carrie.edmonds@tcv.org.uk/07764 655609
Green Gym at Hastings Centre
10.00am - The Hastings Centre, The Ridge
Horticultural volunteering for health, carrie.edmonds@tcv.org.uk/07764 655609
Health Walk Alexandra Park
10.30am - Alexandra Park, St Helen's Rd
From Ranger's Office - free one hour walk, just pop along tcv.org.uk/southeast/sussex
Community Open House
11.00am - Afri-Co-Lab, 3, Marine Court
Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! afri-co-lab.org
BASH Networking Event
6.00pm - Barnaby's Lounge, 46 Robertson St
For local businesses. £7.50 ticket pp
All Sorts Auction
6.30pm - West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Auction items accepted from 9am-1pm. Contact weststleonardsca@gmail.com to confirm.
Bar open until late
The Stag Book Club
7.00pm - Stag Inn, 14 All Saints' St
Come along or message if you'd like to join or want more information staghastings.co.uk
Hastings & St Leonards Women's Circle
7.00pm - Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, St Helen's Park Rd
Donation only. For self-identifying women rootsofreturn.org
Men's Walk and Talk
7.00pm - Azur, Marina Pavillion, 44-37 Marina
Meet at Azur for a leisurely walk along the seafront with time to chat. hannah.richards@mindcharity.co.uk or 07510927978.
The Class Choir
7.00pm - The Unitarian Church
Friendly, fun, uplifting Women's choir. Free taster sessions, no music reading or auditions. theclasschoir@gmail.com
Mosaic Triangle Jazz Residency
8.00pm - Barnaby's Lounge, 46 Robertson St

Thursdays
Hastings Tech Forum
9.00am - Observer Building, 53 Cambridge Rd

Monthly meetup for local tech professionals
Cozy Crypt
10.00am - London Road
Share Conversation, Access Support, In Partnership with Citizens Advice 1066
Open Tech Thursdays
10.00am - Observer Building, 53 Cambridge Rd
Free community led technology meetup
Free energy advice community drop-in
10.00am - Hastings Community Info Hub, Queens Rd
Green Gym at Church Wood
10.00am - Church Wood
Conservation volunteering for health, contact carrie.edmonds@tcv.org.uk/07764 655609
Friendship Café
2.00pm - Hastings Court Care Home, 314 The Ridge
Hosted by the community co-ordinator for stroke rehabilitation, a monthly support and advice session for families affected by strokes. Contact: 01424 755151
Bingo
2.00pm - West St Leonards Community Centre and Social Club, 130 Bexhill Rd
weststleonardsca@gmail.com
The Barbarian Wolf Chess Club
5.15pm - The Horse & Groom, 4 Mercatoria
Weekly chess
Sheer Poetry
6.00pm - Twelve Hundred Postcards, 80 Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook
Pumphouse Late Plates
6.30pm - Pumphouse Cafe and Deli, Pumphouse, Alexandra Park, St Helen's Rd
Every alternate Thursday
Hyphae Collective Poetry & Music Jam
7.00pm - Barnaby's Lounge, 46 Robertson St
Poetry, musicians, singers - come and collaborate!
Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hast-ingstownsingers.co.uk
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
Pub Quiz
7.30pm - The Dolphin Inn, 11-12 Rock-A-Nore Rd
Free entry plus prize money to be won!! Booking rec-

Crossword Solution No 285:
Across: 1. Leaves 3. (Ai)Sle eve(n) 4. Option (anagram)
Down: 1. Let's go 2. Seve-R-n

ommended 01424 434326
Hastings Humanists Meeting
7.30pm - The White Rock Hotel, 1-10 White Rock Monthly. Check their Facebook page for more details. Hybrid meeting may be available.

Fridays Writing Hour
7.30am - 7 Trinity St Writers can come together to write at the workshops *hastings-writersworkshop.com*
Health Walk Church Wood St Leonards
10.30am - Church Wood Meet at Nature reserve car park, free one hour walk, just pop along *tcv.org.uk/southeast/sussex*
Singing Down Memory Lane
10.30am - St. Augustine's Church Hall, Bexhill-on-Sea, St Augustine's Close, Cooden Dr, Bexhill A free singing group for people living with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. *disc-dementiasupport.org*
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*
The Damascus Runners
11.00am - Bonjour Café, 13 Grand Parade Social walking group, meet on the seafont opposite
Broomgrove Youth Club Sessions
4.30pm - Broomgrove Community Centre, 85 Chiltern Dr *sarah.adams@freshvisions.org.uk* Bev 07732 823800

Saturdays
Weekly Indoor Market
10.00am - Saint Leonards Church Market, London Rd Weekly market: clothes, bits, food, tarot. Stalls still available. *stleoschurch.co.uk*
Monthly Fayre
10.00am - Isabel Blackman Centre, Winding St
Hastings Library of Things
10.00am - Hastings Town Hall, Station Rd Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. *umbrellasussex.org.uk*
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 Food sharing, meditation, drumming, singing and sometimes dancing! *meetup.com*
Let's Make Karaoke Great Again
9.30pm - The Seadog, 32 Station Rd Every 2nd Saturday.


CLASSES & WORKSHOPS

Sunday 14 September
Drama Workshop - Ages 10 to 13
9.00am - The Stables Theatre, The Bourne 15 places each session – Free but must be booked.
Colin Brush Pitching Fiction Boot Camp
10.00am - Barnaby's Lounge, 46 Robertson St £5 morning ticket includes hot or soft drink.
Drama Workshop - Ages 14 to 18
12.30pm - The Stables Theatre, The Bourne 15 places each session – Free but must be booked.

Tuesday 16 September
Aerial Yoga - Samantha Beagley
6.00pm - The Humble Hub, 4-5 Shepherd St

Wednesday 17 September
Aerial Yoga
10.00am - The Humble Hub, 4-5 Shepherd St Samantha Beagley - £15

REPEATING CLASSES

Sundays
Yoga Flow
9.15am - Isabel Blackman Centre, Winding St Relaxing sensory class. *isabelblackmancentre.co.uk*
Flow Into Resonance
9.30am - The Humble Heart, 18 Silchester Rd Tamara Klien £16 *the-humblecollective.co.uk*
Regency Dance Workshop
2.00pm - St Peter & St Paul Church in the Parish of St. John the Evangelist, Parkstone Rd Monthly. Visit Hastings Historical Dance Group on Facebook or contact: *di-anadancer@btinternet.com*
Conscious Connected Breathwork
2.00pm - 18 Silchester Rd The Humble Heart, Angel Michaelides, £33 *the-humblecollective.co.uk*
Yin Yoga
3.00pm - Hot Yoga Hastings, 21 St Peter's Rd

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

Mondays
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. *isabelblackmancentre.co.uk*
Slow Flow Yoga (Open Level)
9.30am - St Leonards Studio, Royal Victoria Contact: *karen@yoga-by-the-sea.co.uk*
Pilates: Multi Level
9.30am - The Humble Hub, 4-5 Shepherd St £10 Pilates by Sarah T, *hotyogahastings.co.uk*
Cygnets Swans
9.45am - Isabel Blackman Centre, Winding St Ballet for beginners. *isabelblackmancentre.co.uk*
Circuits
10.00am - Isabel Blackman Centre, Winding St Cardio and weighted exercise. *isabelblackmancentre.co.uk*
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*
The Monday Grow Project
10.00am - Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, St Helen's Park Rd Art and nature structured activities £5 / PWYC *info@*

artsonprescription.org
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 Centre, Winding St No experience required. *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 *isabelblackmancentre.co.uk*
FREE Mark 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 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: *juliansam-badrums@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 *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 *hubbookings.the-humblewarrior.co.uk/page/humble-classes*
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*
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)
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 *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. *stleonardsartschool@outlook.com*
Pilates with Lucy Paffard
9.30am - *lucypaffard@gmail.com*
Writing Life
10.00am - DAYDREAM café & restaurant (Brunch), 51B&C, Robertson St Unleash your imagination in a warm, welcoming and relaxed group *nicky@diamond-minds.co.uk*
YOYO Arts Club
10.00am - Art in the Park, Alexandra Park £5 per child, £2 sibling. Free flow art drop in for all the family! Refreshments and materials provided. Beginners French 10.00am - Isabel Blackman Centre, Winding St *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

6

The HIP List

sponsored by

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

£15 Emma Leech
Dynamic Breathwork
10.30am - 18 Silchester Rd
The Humble Heart,
Andrew Dunne, £15
thehumblecollective.co.uk
Conversational French
11.00am - Isabel Blackman
Centre, Winding St
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.
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 *the-humblecollective.co.uk*
**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, The Royal Victoria
Hotel
Massage, Reiki, touch ther-
apies, 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
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
Akashic Records,
Manifestation Coaching
Online Chair Yoga
2.00pm -
Via Zoom *sueyo-
ga1066@gmail.com*
Art & Social Club
2.00pm - Isabel Blackman
Centre, Winding St
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.tu-
tor.1066@gmail.com*
The Untamed Body
2.00pm - The Humble Hub,
4-5 Shepherd St

Seraphina Bianconi, £15
**FREE Mark Your Mark
Workshop (0-4yrs)**
2.30pm - Stade Hall,
The Stade
**Weight Training
Beginners**
3.00pm - Isabel Blackman
Centre, Winding St
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.
stleonardsartschool@outlook.com
**Mixed Ability Kids'
Aerial Hammocks**
4.30pm - The Humble
Hub, 4-5 Shepherd St
Ore Youth Club Sessions
4.30pm - Ore Community
Centre, 455 Old London Rd
Register and find out
more: *sarah.adams@
freshvisions.org.uk*
**Bone strength-
ening Pilates**
4.30pm - West Hill
Community Centre,
Croft Rd
£10 Contact Annie
07507 212392
Knitting Yarns
5.00pm - Sugarpie
Honeybuns, 235 London Rd
Contact Rachel:
07397 794879
Traditional Yoga
5.00pm - Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults
5.00pm - 12 Maze Hill
£13.50 per person - All
Materials Included.
stleonardsartschool@outlook.com
**Gary Marriott's
Tune up Tuesdays**
5.15pm -
Town Centre Text
07986 911083 for info
**Strength and con-
ditioning**
5.30pm - Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Pilates with Sally Paffard
5.30pm - West Hill
Community Centre,
Croft Rd
Small class, contact
Sally: 07973 530911
**Weighted Neuro
Gym Session**
6.00pm - Elphinstone Road
Play Sport Fitness Hub £3 or
pay what you can To book:
eequ.org/experience/6816
Old Town Yoga
6.00pm - Stade Hall,
The Stade

£9. Book at *oldtown-
yoga.co.uk*
Sunset Flow with Hannah
6.00pm - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£9.00 *hola@madre-sl.com*
Vinaya Yoga
6.00pm - The Humble Hub,
4-5 Shepherd St
£10 Veronica Hare,
thehumblehub.co.uk
School pole flow
6.30pm - Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Silver Swans Ballet Class
6.30pm - Ore Community
Centre, 455 Old London Rd
Contact Annie:
07704 711772
Vinaya 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 *the-
humblecollective.co.uk*
Men's Circle
7.00pm - 4 George St
With Pip Hersee, £10.
pipshastings.com
Art Classes for Adults
7.00pm - 12 Maze Hill
£13.50 per person - All
Materials Included.
stleonardsartschool@outlook.com
**Kadampa Buddhist
Meditation Class**
7.00pm - St Nicholas Centre,
London Rd
£9/£7 conc. Term time
only, Maitreya Kadampa
Buddhist Centre *med-
itateinsussex.org*
Adult Tap Dancing
7.30pm - Laton Ash Dance
Centre, 18 Laton Rd
Call 01424 434774 to book.
Dynamic Vinaya
7.30pm - The Humble Hub,
4-5 Shepherd St
Hannah Almond Barr £12
thehumblecollective.co.uk
Country Dancing
7.30pm - Saint Matthews
Church Centre, St.
Matthews Church Centre,
London Rd
Contact 07526 567537
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 *thehum-*

blecollective.co.uk
**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
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
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
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
Qi Gong with Catherine
10.30am - Royal Victoria
Hotel, Marina
£8 St Leonards Studio @
Royal Victoria Hotel *cather-*

ine-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.
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
Ablend 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
isabelblackmancentre.co.uk
St Leonards' Writers
1.00pm - St Ethelburga
Church, St Saviours Rd
stleonardswriters@outlook.com
Qigong Movement Class
1.00pm - Christ Church
Blacklands, Laton Rd
eequ.org/experience/8796
**The Celestial Room:
Massage Therapy**
2.00pm - The Humble
Heart, 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
**FREE 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
£0 Christopher Hamblin,
thehumblehub.co.uk
Art Classes for Kids
4.15pm - 12 Maze Hill
£12 per child - All
materials included.
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 entrance),
Park Ave
Families welcome.
Booking required: *mar-
tialarthastings.com*
Art Classes for Adults
6.00pm - 12 Maze Hill
£20 per person - All
Materials Included.
stleonardsartschool@outlook.com
Beginners Pole
6.00pm - The Humble Hub,
4-5 Shepherd St
£15 drop in Cherry,
thehumblehub.co.uk
Hatha Yoga
6.00pm - Lior Wellness
Studio, 7A London Rd
with India *liorwell-
nessstudio.com*
Yoga with Marjolyn
6.00pm - St Leonards
Studio, Royal Victoria
07929 577985
**Adult Tap Class
for Beginners**
6.15pm - 7 Mercatoria
kimhaviland@gmail.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.
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, *the-
humblehub.co.uk*
Zumba
7.00pm - Broomgrove
Community Centre, 85
Chiltern Dr
£3 or free for Broomgrove
residents. To book: *eequ.
org/experience/6591*
Adult Tap Dancing
7.00pm - Laton Ash Dance
Centre, 18 Laton Rd



Call 01424 434774 to book.
Buddhist Meditation and Dharma Teaching
7.00pm - Clifton Centre, 1 and 2 Stainsby St
In person and via Zoom.
tsebg.org/local-groups
Aoi Bara Meditation
7.30pm - Peachy Self Care Studio
Donation only community meditation class.
aoibarameditation.co.uk
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. soulpowerkundaliniyoga.co.uk
Argentine Tango Social Dance
8.00pm - The White Rock Hotel, 1-10 White Rock Downstairs bar. £8 for dancers, £3 non-dancers. pennythepoet-ess@yahoo.co.uk
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm -
£4. sallypaffard@gmail.com
Classique Pole Class
8.00pm - The Humble Hub, 4-5 Shepherd St
£15 Active Cherry, thehumblehub.co.uk

Thursdays
Dynamic Anatomy Yoga
7.00am - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online dynamicanatomy.co.uk/yoga
The Celestial Room: Functional Kinesiology
7.00am - The Humble Heart, 18 Silchester Rd
Appointments 7.00am-1.00pm Angela Colosi £70 p/hr thehumblecollective.co.uk
Ashtanga Yoga – Assisted Self Practice
7.15am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. ashtangayoga-hastings@gmail.com
The Snug Room: Bioresonance Testing
8.00am - The Humble Heart, 18 Silchester Rd
Appointments 8.00am-8.00pm Emily Holland, £60/ £49 thehumblecollective.co.uk
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
Yoga at Hastings Contemporary
9.50am - Hastings Contemporary, Rock-A-Nore Rd
oldtownyoga.co.uk
Move It or Lose It!
10.00am - The Hastings Centre, The Ridge
also 11.15am-12.15pm. £6 per class. First class free. Friendly, low impact exercise for older adults lucy.jenner@moveitorloseit.co.uk
Art Classes - Watercolours
10.00am - Stade Hall, The Stade
10 week course £100, sherdanjulieann@gmail.com
Thursdays Just Jam
10.00am - Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, St Helen's Park Rd
A fun and interactive music session £5 / PWYC 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
£3. Good for body, mind and spirit.
Healthy Joints
10.30am - Isabel Blackman Centre, Winding St
info@artsonprescription.org
Pilates, Mat Based
11.00am - The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, thehumblehub.co.uk
Boxing for fun
11.45am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Dynamic Vinyasa
12.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
The Journaling Pharmacy
12.00pm - 45 St Leonards Rd, Bexhill
The Good Story Bistro, free. Other taught courses running from 20 March. get in touch nicky@diamond-minds.co.uk
Art Classes - Acrylics
12.15pm - Stade Hall, The Stade
10 week course £100, info.sheridanjulieann@gmail.com
Online Vinyasa Flow with Elena Voce
12.45pm -
Classes for all levels. Pay-what-you-can. yogawithelenavoce.co.uk
Iyengar Yoga Classes
1.00pm - The Wellington Health & Wellbeing Centre,

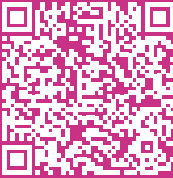
44 Wellington Square
Beginners welcome. £10 (£5 for people struggling financially). howdowe-beginagain@gmail.com
Tai Chi
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Beginners Line Dance Classes
2.00pm - Pebsham Community Hub, 70 Seabourne Rd, Bexhill
Contact Kerris 0748047236
Yoga with Marjoly
3.00pm - St Leonards Studio, Royal Victoria
Contact: 07929 577985
Pilates (beginners)
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
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, St Leonards
£20 per person - All Materials Included. stleonardsartschool@outlook.com
Kid's Aerial Hammocks (Age 7-13)
4.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£9 Samantha Jane Yoga, thehumblehub.co.uk
Full Body PNF Stretch & Flow
4.45pm - St Leonards Studio CIC, The Royal Victoria Hotel
improve muscle flexibility, reduce tension, and promote mindful movement £10 ultimatefitnessworld.co.uk
Aerial Slings
5.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£12 Samantha Jane
The Egyptian Room: Yoga Therapy - Yoga by The Sea
5.30pm - The Humble Heart, 18 Silchester Rd, St Leonards
Karen Simnett POA thehumblecollective.co.uk
Tilekiln Youth Club Sessions
5.30pm - Tilekiln Community Centre, Tilebarn Road, sarah.adams@freshvisions.org.uk. Bev 07732 823800
Yin Yoga
5.45pm - Lior Wellness Studio, 7A London Rd, St Leonards
with India liorwellnessstudio.com
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
[\[holistichealth.uk\]\(https://holistichealth.uk\)
Art Classes for Adults
6.15pm - 12 Maze Hill, St Leonards
£20 per person. Weekly excluding last Thurs of the month. All Materials Included. \[stleonardsartschool@outlook.com\]\(mailto:stleonardsartschool@outlook.com\)
Samba Dance Classes for all levels
6.30pm - The Carlisle, 24 Pelham St
Upstairs, welcoming queer, trans and neurodiverse folk £8 @\[Braziliansamba\]\(https://Braziliansamba\)
Pole heels choreo
6.30pm - Free Bird Fitness, Silchester Rd, St Leonards
\[freebirdfitness.uk\]\(https://freebirdfitness.uk\)
Transformational Somatic Breathwork
6.30pm - The Humble Heart, 18 Silchester Rd, St Leonards
Rachel Bednarski £20 \[thehumblecollective.co.uk\]\(https://thehumblecollective.co.uk\)
Mandala Vinyasa Flow \(Advanced\)
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
\[hotyogahastings.co.uk\]\(https://hotyogahastings.co.uk\)
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, Katherine Salter, £12 \[thehumblecollective.co.uk\]\(https://thehumblecollective.co.uk\)
Mandala Vinyasa Flow
7.30pm - The Humble Heart, 18 Silchester Rd, St Leonards
Katherine Salter £13 \[hubbookings.thehumblewarrior.co.uk/page/humble-classes\]\(https://hubbookings.thehumblewarrior.co.uk/page/humble-classes\)
Intermediate advanced pole fitness
7.35pm - Free Bird Fitness, Silchester Rd, St Leonards
\[freebirdfitness.uk\]\(https://freebirdfitness.uk\)
Aerial Hoop Class
9.15pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£15 Cherry, \[thehumblehub.co.uk\]\(https://thehumblehub.co.uk\)](mailto:yeli@happiness-</p></div><div data-bbox=)

Fridays
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 sallypaffard@gmail.com
Traditional Yoga
9.00am - Horntye Park Sports Complex, Bohemia Rd
Intermediate class £12
Booking and details

ninayoga.co.uk
IBC Traditional Yoga
9.30am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Qigong with Sigrid
9.30am - West Hill Community Centre, Croft Rd
Suitable for all ages. Contact Sigrid 07492 209190
Tiny Voices
9.30am - Stade Hall, The Stade £5
Beginners Spanish
10.00am - Isabel Blackman Centre, Winding St
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 eeq.org/experience/7024
Mindful Yoga
10.30am - Royal Victoria Hotel, Marina
zowie@stleonards.studio
Friday Print Group
10.30am - Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, St Helen's Park Rd
Peer-led group for the print-curious £5 / PWYC info@artsonprescription.org
Classical Yoga
10.30am - The Humble Hub, 4-5 Shepherd St
£10 Kate Shaw, thehumblecollective.co.uk
Move it or Lose It Fitness Class
11.00am - Play Sport Fitness Hub, United Sports and Social Club, Elphinstone Rd
£3 (or pay what you can with free tkts also available)
Art Classes for Adults
11.00am - 12 Maze Hill
£13.50 per person - All Materials Included. stleonardsartschool@outlook.com
Conversational Spanish
11.00am - Isabel Blackman

Centre, Winding St
isabelblackmancentre.co.uk
Yin Yoga
11.30am - Horntye Park Sports Complex, Bohemia Rd 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
Chair Yoga – A Supported Approach
2.30pm - St Leonards Studio, Royal Victoria
Supported yoga for those with reduced mobility. £6. zowie@stleonards.studio or visit stleonards.studio.
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Senior Strength
3.00pm - Isabel Blackman Centre, Winding St
Introduction to the gym facilities. isabelblackmancentre.co.uk
Kids Circus
4.15pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Beginner aerial skills
5.30pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required: martialartshastings.com
Old Town Yoga
6.00pm - Stade Hall, The Stade
£9. oldtownyoga.co.uk
Beginners Creative

ADVERTISE WITH US



Scan here to download our press pack for more information and prices or contact us directly at advertising@yourhip.co.uk

The HIP List

Writing Group

6.15pm - Clifton Centre, 1 and 2 Stainsby St
Contact: info@theclifton-centre.com for details

Improvers aerial hoop

6.45pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk

Vibelle Dance Class-

Shamanic Group Healing and Sacred Dance

7.30pm - The Humble Heart, 18 Silchester Rd
Natasha Saltzer £20
Monthly thehumblecollective.co.uk

Spiritual &

Psychic, Personal

Development Circle

8.00pm - The Humble Hub, 4-5 Shepherd St
Mel & Jo, £12

Heels Choreo Class

8.00pm - Free Bird Fitness, 2c Silchester Rd
£12 To attend, please email megwestpfel@gmail.com

Saturdays

Yoga class

7.30am - The Humble Hub, 4-5 Shepherd St
JoJo Yoga £10 thehumblecollective.co.uk

Zoom Hatha Yoga

9.00am - Online only. Pranayama, practice and relaxation, video available.
louiselovesyoga@gmail.com

Power Yoga

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

Dynamic Sunset

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

Pure stretch

9.15am - Isabel Blackman Centre, Winding St
All abilities stretching class. isabelblackmancentre.co.uk

Aerobic class

9.30am - The Humble Hub, 4-5 Shepherd St
Jensy Azucena, £8.00, alternate weeks

Art Classes for Kids

10.00am - 12 Maze Hill
£12 per child - All materials included.
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 weekend with some mindful movement and breathwork.
yoga-by-the-sea.co.uk

Martial Arts Free

Trial Lesson

10.00am - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. martialartshastings.com

Beginners Weight

Training

10.30am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

"Let It Flow" - all level

Vinayasa Flow Yoga
10.30am - The Humble Heart, 18 Silchester Rd
James Loosemore £10
thehumblecollective.co.uk

Beginner

aerial hoop

10.30am - Free Bird Fitness, Silchester Rd
freebirdfitness.uk

Intermediate French

11.00am - Isabel Blackman

Centre, Winding St
isabelblackmancentre.co.uk

Yoga Flow

11.30am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Art Classes f

or Adults

11.45am - 12 Maze Hill
£20 per person - All Materials Included.
stleonardsartschool@outlook.com

Women's Untamed

Body Deep Dive

1.00pm - 18 Silchester Rd
The Humble Heart,
Seraphina Bianconi, £50
thehumblecollective.co.uk

Drink & Draw @ 3

Legs Tap Room

2.00pm - The Three Legs Brewing Company, Unit 11, 26 Beeching Rd, Bexhill
Contact @drinkand-draw1066 to book your spot or just join in on the day, £10. All materials provided.

Rebirthing Breathwork

Group Session

7.30pm - The Humble Heart, 18 Silchester Rd
The Humble Heart,
Andrew Dunne, £20
thehumblecollective.co.uk

Hastings Independent

BUY US A CUPPA

Support Free, Independent, Community-based Journalism

For the price of a coffee each month you can help us to keep going

HASTINGSINDEPENDENTPRESS.CO.UK/BECOME-A-FRIEND

321

save

MORE BUS LESS FUSS

Funded by UK Government

East Sussex County Council

single fares for just

£1, £2 or £3

on buses in East Sussex

find out more:

eastsussex.gov.uk/bus-fares