

Friday 27 March to Thursday 9 April 2026

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

The HIP List

sponsored by



The Amsterdam, only revealed
at the lowest of tides.
Photography: Toby Chad
Collins
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Hastings
Independent



MUSIC

Friday 27 March
Afrit Nebula
Sleepwalking - the Dream of Lady Macbeth
7.00pm - Kino-Teatr,
43-49 Norman Rd
Performance with visuals
from an eclectic jazz trio
Eleanor Moss +
Rosier & Woodpig
7.30pm - The Piper,
1 Norman Rd
Modern folk
Foundry, Stephen
Brian Leonard Band,
Gripper Lee
8.00pm - The Carlisle,
24 Pelham St
The 900
8.00pm - White Rock
Theatre, White Rock
The UK's first and only
Tony Hawk's Pro Skater
cover band, plus support
from 3dBs Down. £17

Saturday 28 March
Jawless, Stagedive
Suicide, Butane
Regulators
5.00pm - The Pig,
37 White Rock
London and Norwegian
hardcore join
Hastings punks
The Diablos
7.00pm - The Jenny
Lind, 69 High St
Brighton country band
MAN!
7.30pm - The Piper,
1 Norman Rd
Psychedelic rock from the
legendary Welsh band!
Deptford Northern
Soul Club
8.00pm - White Rock
Theatre, White Rock £17

Sunday 29 March
Stoned
3.00pm - The Carlisle,
24 Pelham St
Rolling Stones cover band
Club Classics Live
with Special Guest
Artful Dodger
7.30pm - White Rock
Theatre, White Rock

Thursday 2 April
Aircooled - Live
In-Store (Free)
7.15pm - Music's Not Dead,
De La Warr Pavilion,
Marina, Bexhill
Sunset Images +
Lazarus Lake
8.00pm - The Piper,
1 Norman Rd
Mexican shoe gaze
and noise rock

Friday 3 April
Coven Club - Vampyra,
Wave Machine & I, Doris
8.00pm - The Carlisle, 24
Pelham St

A night of Female Fronted
bands, playing horror
punk, surfy grunge
and kitchen punk!
Helen Sharpe and the
Soulshine Band
8.30pm - The Jenny
Lind, 69 High St
Feelgood disco and soul
Jaguar Skills - ADHD
+ Daddy Skitz
9.00pm - The Piper,
1 Norman Rd
Eclectic hip hop and DnB DJ

Saturday 4 April
The Orb + Special Guests
7.00pm - White Rock
Theatre, White Rock
With special guests AU
(live) and FURU (live).
Bite the Bullet
7.00pm - The Carlisle,
24 Pelham St
Hard rock covers
Medieval Night
7.00pm - The Jenny
Lind, 69 High St
Harry Randle Marsh
and Henry Bristow bring
bardish merriment.
Jim Jones All Stars +
Lewis Floyd Henry
7.00pm - The Piper,
1 Norman Rd
Hypnotic, bluesy
rock and roll

Sunday 5 April
Fear of Last Orders
EP Launch
4.00pm - The Jenny
Lind, 69 High St
Hastings Punk Skiffle band
Samaki - Live Afrobeat
7.30pm - The Printworks
Ltd, 14 Claremont £10
FM
7.30pm - White Rock
Theatre, White Rock
DJ Lisa Loud + GLO
8.00pm - The Piper,
1 Norman Rd
The 'First Lady' of House

Monday 6 April
Nicotine Wisdom
8.00pm - The Carlisle,
24 Pelham St

Tuesday 7 April
ChopChop - Adventures
in Pop with Montague
Armstrong
7.30pm - The Jenny
Lind, 69 High St
Dadaist post punk and prog

WEEKLY MUSIC

Sundays
BYO Vinyl Night
7.00pm - The Jenny
Lind, 69 High St

Mondays
Just Landed
7.30pm - The Jenny
Lind, 69 High St
A monthly residen-
cy of alien blues.
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
Iron Men of The Sea -
Last Tuesday Sessions
7.30pm - The Jenny
Lind, 69 High St
Hypnotic folk psychedelia
Folk Night
8.00pm - Stag Inn,
All Saints St
Singing and mu-
sic, all welcome
Open Session
8.00pm - Royal
Standard, E Beach St

Wednesdays
Open Mic
7.00pm - The Piper,
1 Norman Rd
Weekly. Hosted by
Steve Didge

Thursdays
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 Night
7.00pm - The Pig,
37 White Rock
Open Mic
7.45pm - The Nags Head,
8-9 Gensing Rd
First Thursday of the month
The Jazz Organisation
8.00pm - NUR Restaurant
& Lounge, 13 Robertson St
Shanty Night
8.30pm - The Jenny
Lind, 69 High St
Weekly Sea Shanty Night,

Fridays
Custard Caravan
4.00pm - Barnaby's
Lounge, 46 Robertson St
An afternoon of mu-
sic and mirth, last
Friday of the month
McNiff's Folk Sundowner
5.00pm - The Jenny
Lind, 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
Funk music every first
Friday of the month

Saturdays
The Coffee House Sessions
5.30pm - Hanushka
Coffee, Robertson St
Free entry. Jason McNiff
and friends present
Punk Night
8.30pm - The Carlisle,
24 Pelham St
Monthly on last
Saturday, check Punk
Rock at the Carlisle for
updates on bands

PERFORMANCE

Friday 27 March
Jazz Breakfast at Kino:
Mike Hatchard
11.00am - Kino-Teatr,
Norman Rd
Come From Away
7.30pm - The Stables
Theatre, The Bourne

Saturday 28 March
Come From Away
2.30pm & then at
7.30pm - The Stables
Theatre, The Bourne
Forbidden Fruit
Cabaret: Terry Tour
9.30pm - The Forbidden
Fruit, 22 Grand Parade

Tuesday 31 March
The Royal Opera:
Siegfried
5.15pm - Kino-Teatr,
43-49 Norman Rd

Friday 3 April
St Leonards Concerts:
Haydn, 7 Last Words
for String Quartet
7.30pm - Christ
Church St Leonards,
Silchester Rd
St Leonards Concerts
Forbidden Fruit Cabaret:
Snow White Trash
9.30pm - The Forbidden
Fruit, 22 Grand Parade

Saturday 4 April
Forbidden Fruit
Cabaret: Aura Jay
9.30pm - The Forbidden
Fruit, 22 Grand Parade

WEEKLY PERFORMANCE

Tuesdays
Open Mic Night
7.00pm - HOT TAP Theatre,
St Andrews Mews
Tulip Salon Cabaret
7.00pm - Crown
House, Marina
Arts & entertainment +
welcome drink and simple
supper. Pay what you
can - suggested donation

£25. RSVP at lizmattey@sky.com 07909902443.

Wednesdays
A&O In the Round
7.30pm - 74 Norman Rd
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.

Fridays
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

CINEMA

Friday 27 March
Marjorie Prime
3.00pm - Electric
Palace, 39A High St
Buddhist Film Festival:
Are We One? + Short Film
7.30pm - Electric
Palace, 39A High St

Saturday 28 March
Wuthering Heights
3.00pm & 7.30pm - Kino-
Teatr, 43-49 Norman Rd
Buddhist Film Festival:
State of Statelessness
7.30pm - Electric
Palace, 39A High St

Sunday 29 March
Buddhist Film Festival:
Becoming Who I Was
11.00am - Electric
Palace, 39A High St
Wuthering Heights
2.00pm - Kino-Teatr,
43-49 Norman Rd
Oska Bright Film Festival:
Being Ola + Q&A (Relaxed
ND-Friendly Screening)
3.00pm - Electric
Palace, 39A High St
The Tomb Of Ligeia
7.30pm - Electric
Palace, 39A High St

Wednesday 1 April
Sirāt
7.30pm - Kino-Teatr,
43-49 Norman Rd
Thursday 2 April

Deaf
11.00am - Electric
Palace, 39A High St
Sentimental Value
7.30pm - Electric
Palace, 39A High St
The Lodger: A Story
of the London Fog
7.30pm - Kino-Teatr,
43-49 Norman Rd

Friday 3 April
Sirāt
3.00pm & then

7.30pm - Kino-Teatr,
43-49 Norman Rd
BAFTA nominated ex-
istential Rd movie.
Family Fridays:
Zootropolis 2 + Animal
Ears Workshop
4.30pm - Electric
Palace, 39A High St
All tickets £6. Free an-
imal ears workshop at
4pm, film at 4.30pm.
The Chronicles of Narnia:
The Lion, The Witch
and The Wardrobe
7.30pm - Electric
Palace, 39A High St

Saturday 4 April
Hastings Smugglers
7.30pm - Kino-Teatr,
43-49 Norman Rd
The Choral
7.30pm - Electric
Palace, 39A High St

Sunday 5 April
Sirāt
2.00pm - Kino-Teatr,
43-49 Norman Rd
Harold and Maude
3.00pm - Electric
Palace, 39A High St
Greener Grass
7.30pm - Electric
Palace, 39A High St

Tuesday 7 April
The Monks: The
Transatlantic Feedback
7.30pm - Electric
Palace, 39A High St

Thursday 9 April
The Choral
11.00am - Electric
Palace, 39A High St
Deaf
7.30pm - Electric
Palace, 39A High St

ART

Brian Aris - Celebrating
George (George Michael
photographs)
27 March until 2 May
Lucy Bell Gallery,
Norman Rd
Art Lab 01 - Group Show
Until 2 May
Tap Room Gallery,
Unit 11 Beeching Rd
Studios, Bexhill
Ruth Calland - This Is
All the Treasure We
Can Have or Hold
4 April until 28 June
Hastings Museum and
Art Gallery, Bohemia Rd
Sayan Chanda: How Many
Fires, How Many Suns,
How Many Dawns?
Until 31 May
De La Warr Pavilion,
Bexhill
A Collection of
Small Works
Ongoing
Kino-Teatr Gallery,

Norman Rd
Joseph Emilien - Insignificant Fragments
1-12 April
Hastings Arts Forum, Marine Court
SOFT ENCOUNTERS: Natalia Janula, Agata Bogacka, Eli Silk, Oscar Yasamee, Olivia Du Vergier
Until 4 April
Flatland Project, Beeching Rd, Bexhill
Gaining Ground Women's Show
Until 2 May
Barnaby's Lounge, Robertson St
HAF New Members 2026 Group Show
18-29 March
Hastings Arts Forum, Marine Court
Melissa Hall - Cut the Crap: Paint the Truth
Until 25 April
Stables Theatre Gallery, The Bourne
Grace Lau - Portraits in a Chinese Studio
Until 29 March
Hastings Museum and Art Gallery, Bohemia Rd
Jenine Marsh: New Wishes
Until 31 May
De La Warr Pavilion, Bexhill
Mew - A Chapel in Plastic Teeth
28-29 March (11am-6pm), Private view
27 March 6-9pm
Unit 2 Gallery, London Rd
The Open - Odyssey
29 March until 31 May
Hastings Contemporary. The Stade
Nicholas Pace - Counter Melody
Until 28 March
Project 78 Gallery, Norman Rd
Pearls of the Sea - Our Future World
28 March until 31 May
Hastings Contemporary. The Stade
Sussex Spotlight: Maggie Scott
Until 31 March
Hastings Contemporary, The Stade
JJ Waller - Beside the Sea
Until 5 April
Hastings Museum and Art Gallery, Bohemia Rd
A Town Explores a Book: Mixed Media Exhibition
5 April until 12 April
Zoom Arts, Warrior Square Station

SPORT

Saturday 28 March
Hockey: South Saxons men v Brighton & Hove 2 - South East Hockey League

1.30pm - Bexhill Academy, Bexhill
Football: Hastings Utd v VCD Athletic - Isthmian League
3.00pm - The Pilot Field, Elphinstone Rd

Monday 6 April
Football: Hastings Utd v Ashford Utd - Isthmian League
3.00pm - The Pilot Field, Elphinstone Rd

ACTIVE SPORT

Sundays
Free Tennis Session in the Park
10.00am - Alexandra Park Tennis Courts
To book: clubspark.lta.org.uk/breakpointtennis
Table Tennis
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Indoor Bowls
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Mondays
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
Boxercise
9.30am - Downs Farm Community Centre, Crowborough Rd
£3 or pay what you can.
eequ.org/experience/4537
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 - Lower Park Rd
Alexandra Park Multi-Use Games Area £2
Adults 50+ Booking eequ.org/experience/6144
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 Adults Booking freedom-leisure.co.uk

Hastings YMCA Badminton Club
8.15pm - The Y Centre, 26 St Paul's Rd
Adult club, limited spaces for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk

Tuesdays
Hastings Active Fit
11.00am - West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details
Strong for Life - Small Group Personal Training Age 50+
2.00pm - Limitless Studios, 138-140 London Rd
limitlessstudios.co.uk/home
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
PB Runner
6.15pm - Various locations. Group effort running sessions £2. For info: slinklater65@gmail.com
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 Leonards Academy, Edinburgh Rd
info: hastingsrounders@gmail.com. In the Sports Hall. Booking: eequ.org/experience/4956
Judo with Hollington Judo Club
8.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
£5 Adults. Contact Neil Chalcraft
Hastings YMCA Badminton Club
8.30pm - Bexhill Leisure Centre, Down Rd, Bexhill
Adult club, limited spaces for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk

Wednesdays
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
Adult club, limited spaces for juniors. Booking essential £5.50 hastingsymcabadmintonclub.co.uk

Thursdays
Hastings Active Fit
10.30am - West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details.
Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Short Mat Bowling
2.00pm - West Hill Community Centre, Croft Rd
£3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners.
Strong for Life - Small Group Personal Training Age 50+
2.00pm - Limitless Studios, 138-140 London Rd
limitlessstudios.co.uk/home
Hastings Mixed Indoor Rounders
7.00pm - Horntye Park Sports Complex, Bohemia Rd
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 Gdns
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage.
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
Squad Girls' Football
6.00pm - TN34 2AY, The Byeway
FREE. For girls' aged 12 to 14, at The Firs. To book eequ.org/experience/25158.
Barbarian Swimmers
6.00pm - Summerfields Leisure Centre, Bohemia Rd
Urban Football
7.00pm - The Byeway
FREE. Ages 12-17. To book: eequ.org/experience/15576

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

EVENTS & ACTIVITIES

Friday 27 March
Buddhist Film Festival Event: Gong Bath with Andrew Lyddon
11.00am - Electric Palace, 39A High St
Part of our Buddhist Film Festival 2026. Tibetan prayers with gongs and singing bowls led by Andrew Lyddon £10
Early years session
11.30am - My Tiny Town, 31 Kings Rd
For early years children, til 2.30pm

Saturday 28 March
Psychedelic Symposium
9.00am - Observer Building, 53 Cambridge Rd

A full-day public gathering exploring psychedelics through science, culture and community conversation. Tickets & programme: dandelion.events/e/n53ug
Paper sculpture workshop
10.30am-12.30pm - Frimley, 64 London Rd
Drop in workshop for children - part of ATEAB Festival
Batty Bingo!
1.00pm - The Forbidden Fruit, 22 Grand Parade
Coquina Guest Chef Series: Joshua Dickinson
6.00pm - Coquina, Rock-A-Nore Rd
Joshua Dickinson of Bayte and Goat Grids. Celebrating Lewes farm produce and Japanese-inspired cooking, with vegetarian and vegan options available.

Sunday 29 March
Trainmaster
10.00am - Stade Hall, The Stade
Child Ticket Includes 1 Adult £8.50. Additional Adult £4
Celebration launch of Ask The Trees
6.00pm - Alexandra Park, St Helen's Rd

Monday 30 March
Ice Age Adventure Live
2.00pm - White Rock Theatre, White Rock

Wednesday 1 April
Clay tablet making
2.00pm - Mudworks, London Rd
Part of ATEAB Festival

Thursday 2 April
Easter LEGO Lab
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
To book: hmag.org.uk/event/easter-lego-lab/
Sue Tilley's Food & Drink Quiz
7.00pm - Cactus Hound Bar, 33-35 Western Rd
Prizes, decadence, tequila! £5 pp, max 6 per team.
Chocolate, Fortified Wine and Coffee Tasting
7.00pm - Hastings Wine and Coffee, 91 Queens Rd
£35 hastingswineand-coffee.co.uk/events

Friday 3 April
Early years session
11.30am - My Tiny Town, 31 Kings Rd
For early years children, til 2.30pm
Live Music at Coquina: Los Twangueros
6.00pm - coquina, Rock-A-Nore Rd
Tapas and a £6 cocktail available from 6-9pm. Music @ 7:30pm and



8:30pm. Book via the Coquina website.

Saturday 4 April
Message making workshop
11.00am - Crafting Connections, 59 Kings Rd Part of ATEAB Festival.

Sunday 5 April
Easter Family Day & Treasure Hunt
10.30am - Alexandra Park Greenhouse, St Helen's Rd A FREE fun spring celebration for families with a garden-themed treasure hunt for children.

Monday 6 April
A Town Explores a Book: Children's Sketches Installation
11am-2pm - Explore the Arch, Archer Lodge, Charles Rd. Until 12 April

WEEKLY 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
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
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
Culture Club
10.45am - The Crown, 64-66 All Saints' St a group for grown ups who love books, podcasts, films, art & all things cultural! DM on Instagram [@cultureclub](https://www.instagram.com/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, optional 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
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Volunteering: Hidden Eden Wellbeing Garden
10.15am - 27 Parsons Cl Craig's Cabin asks for volunteers to turn this green community space into a sensory garden craigs-cabin87@hotmail.com
Health Walk Old Town
2.00pm - The Stade, Rock-A-Nore Rd Free one hour walk, just pop along [tcv.org.uk/southeast/sussex](https://www.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
Pop Quiz
7.30pm - The Piper, 1 Norman Rd Dave Valentine your Host
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
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
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](https://www.tcv.org.uk/southeast/sussex)
Storytime@Ore Community Library
11.00am - Ore Community Library, 467 Old London Rd Stories, rhymes, singing and craft. Weekly themes. Free to members and non members.
Project Art Works in Residence
11.00am - Project Art Works In Residence, 12 Claremont Exhibition and workshop space open til 4pm.
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
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: crewruxleys@gmail.com

Wednesdays
Writing Hour
7.30am - 7 Trinity St Writers can come together to write at the workshops hastings-writersworkshop.com
Green Gym at Hastings Centre
10.00am - The Hastings Centre, The Ridge Horticultural volunteering for health, carrie.edmonds@tcv.org.uk / 07764 655609
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
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](https://www.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](https://www.afri-co-lab.org)
All Sorts Auction
6.30pm - West St Leonards Community Centre and Social Club, 130 Bexhill Rd Auction items accepted from 9am-1pm. Contact weststleonardsca@gmail.com to confirm. Bar open until late
Men's Walk and Talk
7.00pm - Azur, Marina Pavillion, 44-37 Marina Meet at Azur for a leisurely walk along the seafront with time to chat. For info or to book: richards@mindcharity.co.uk or 07510927978.
Hastings & St Leonards

Women's Circle
7.00pm - The Compound, 161 Bexhill Rd Donation only. For self-identifying women facebook.com/groups/1578385062838116
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
Forbidden Fruit Quiz Night
8.00pm - The Forbidden Fruit, 22 Grand Parade
Argentine Tango Social Night
8.00pm - The White Rock Hotel, 1-10 White Rock £8 entry fee. Call Phoebe on 07947 440502

Thursdays
Cozy Crypt
10.00am - London Rd Share Conversation, Access Support, In Partnership with Citizens Advice 1066
Green Gym at Church Wood
10.00am - Church Wood Conservation volunteering for health, contact carrie.edmonds@tcv.org.uk / 07764 655609
Free energy advice community drop-in
10.00am - Hastings Community Info Hub, Queens Rd
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Open Tech Thursdays
10.00am - Observer Building, 53 Cambridge Rd Free community led technology meetup
Project Art Works in Residence
11.00am - 12 Claremont Exhibition and workshop space open til 4pm.
Plant Sale at Alexandra Park Greenhouse
2.00pm - Alexandra Park Greenhouse, St Helen's Rd
Bingo
2.00pm - West St Leonards Community Centre and Social Club, 130 Bexhill Rd Contact weststleonardsca@gmail.com for details
The Barbarian Wolf Chess Club
5.15pm - The Horse & Groom, 4 Mercatoria Weekly chess
Pumphouse Late Plates
6.30pm - Pumphouse Cafe and Deli, Pumphouse, Alexandra Park, St Helen's Rd Every alternate Thursday
War Games
7.00pm - West St Leonards Community Centre and

Social Club, 130 Bexhill Rd Bar open for the duration. Contact weststleonardsca@gmail.com for details
Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd A friendly non-auditioning community choir. Free taster sessions. hast-ingstownsingers.co.uk
A Load of Poets
7.30pm - Twelve Hundred Postcards, 80 Queens Rd Poetry open mic night every 2nd Thursday of the month. Contact [@load-ofpoets](https://load-ofpoets.com) on Instagram.
Pub Quiz
7.30pm - The Dolphin Inn, 11-12 Rock-A-Nore Rd Free entry plus prize money to be won!! Booking recommended 01424 434326

Fridays
Writing Hour
7.30am - 7 Trinity St Writers can come together to write at the workshops hastings-writersworkshop.com
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
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](https://www.tcv.org.uk/southeast/sussex)
Singing Down Memory Lane
10.30am - St. Augustine's Church Hall, St Augustine's Close, Cooden Dr, Bexhill Free singing group for people with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. discdementiasupport.org
The Damascus Runners
11.00am - Bonjour Café, 13 Grand Parade Social walking group, meet on the seafront opposite
Project Art Works in Residence
11.00am - Project Art Works In Residence, 12 Claremont Exhibition and workshop space open til 4pm.
Hastings Library of Things + Make and Mend Fixing Fridays
11.00am - Hastings Town Hall, Station Rd Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. Find out more: umbrellasussex.org.uk.
Chess at The Nest
4.30pm - The Nest, The Old Town Hall
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, Silchester Rd First Saturday of the month
Easter Trail - Fun for the Whole Family!
10.00am - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Weekly Indoor Market
10.00am - Saint Leonards Church Market, London Rd Weekly market: clothes, bits, food, tarot. Stalls still available loveamarket.co.uk
Heritage Explorers
10.00am - Christ Church St Leonards on Sea, Silchester Rd Free drop-in family art & heritage activities.
Plant Sale at Alexandra Park Greenhouse
10.30am - Alexandra Park Greenhouse, St Helen's Rd
Project Art Works in Residence
11.00am - Project Art Works In Residence, 12 Claremont Exhibition and workshop space open til 4pm.
Monthly Vinyl Market
11.00am - The Piper, 1 Norman Rd
Thai Food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd
Gravity & Grace
2.30pm - Clifton Centre, 1 and 2 Stainsby St 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 Food sharing, meditation, drumming, singing and sometimes dancing! [meetup.com](https://www.meetup.com)

CLASSES & WORKSHOPS

Tuesday 7 April
West End Experience - Young Performers' Workshops
Tuesday 7 April - White Rock Theatre, White Rock Ages 5-18. See website for prices and details for each day: whiterocktheatre.org.uk/whats-on/event/

Crossword Solution No 298:
Across: 1. Al-pa-Ca 3. Men age(d well) 4. (with)In sect(ion)
Down: 1. Alumni (anagram) 2. Abject (anagram)



<i>west-end-experience-2026/</i> Thursday 9 April Kids Creative Club Easter Bracelet Workshop 10.30am - The Crown, 64-66 All Saints' St £3 per bracelet. No need to book, just turn up! WEEKLY CLASSES Sundays Gong Bath sessions 11.00am - Hastings Unitarian Church, 7A South Terrace Text Karen Hayler: 07986 911083 Gardening Workshop 12.00pm - 161 Bexhill Rd Monthly workshop, pay what you can afford at the Compound Community Garden. Mosaic Malarky Arts and Crafts 1.00pm - Hypha Studios, Priory meadow shopping Art and craft hub 12-3pm. All ages and abilities welcome Dare 2 Repair - Textile Repair Workshop 1.00pm - Afri-Co-Lab, 3, Marine Court 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: <i>di-anadancer@btinternet.com</i> Album Sharing 7.00pm - 18 Silchester Rd The Humble Heart, Seraphina Bianconi, £15 <i>thehumblecollective.co.uk</i> Mondays Cygnets Swans 9.45am - Isabel Blackman Centre, Winding St Ballet for beginners. Register: <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 10.00am - St Matthew's Church-on-Sea, London Rd All levels. £23 per session or cheaper for block/term. Website: <i>sjflack.art</i> 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 <i>info@artsonprescription.org</i> Into the Space: Performance and Play 10.00am - The Stables Theatre, The Bourne £7.50, siblings £2. <i>outofhebagtheatre.co.uk</i> Lively group for pre-schoolers with parents/carers Term time only. Music and Messy	Play (6mths-4yrs) 10.00am - Christ Church Blacklands, Laton Rd £9 per session or season tickets. Silver Swans Ballet 11.00am - Isabel Blackman Centre, Winding St No experience required. Register: <i>isabelblackmancentre.co.uk</i> Chair Practice! 11.00am - The Chapel of Christ's Stillness, Moon Cottage New singers of all ages welcome. <i>thechapelofchristssstillness.co.uk</i> Inclusive Dance for Adults with Complex Needs 1.45pm - The Hastings Centre, The Ridge £5 Register <i>dancehastings@gmail.com</i> LGBTQ+ Social Meet 2.15pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade 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: <i>juliansam-badrums@gmail.com</i> New Pregnancy Yoga Class with Sally Paffet 5.00pm - Wise Mamas Fitness, 12/14 Maunsell Rd Part of the pregnancy monthly membership, see <i>wisemamas.co.uk</i> for details. Beginners Pointe Class 5.30pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie 07704 711772 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. <i>afri-co-lab.org</i> Hatha Yoga 6.00pm - Royal Victoria Hotel, Marina Experimental Fiction with Jen Calleja 6.30pm - 7 Trinity St From £219. Eight weekly sessions (no session on Easter Monday 6/4/26). Adult Tap Dancing 7.00pm - Laton Ash Dance	Centre, 18 Laton Rd Call 01424 434774 to book. Hastings Punk Choir 7.00pm - Electric Palace, 39A High St (And generally a drink or two in the Jenny Lind afterwards) Martial Arts Free Trial Lesson 7.00pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. Find out more at <i>martialartshastings.com</i> Ballet Barre 7.15pm - Hastings Old Town <i>oldtownyoga.co.uk</i> Pole Heels Choreo 7.45pm - Free Bird Fitness, Silchester Rd <i>freebirdfitness.uk</i> Argentine Tango Improvers Class 8.15pm - The Piper, 1 Norman Rd £8 Upstairs bar. Call Phoebe 07947 440502. Tuesdays YOYO Arts Club 10.00am - Art in the Park, Alexandra Park £5 per child, £2 sibling. Free flow art drop in for all the family! Refreshments and materials provided. Make, create and bring ideas. Outdoor activities on warmer days. The Crown Knitters 10.00am - The Crown, 64-66 All Saints' St Weekly group who knit lovely things to sell for local charities <i>thecrownhastings.co.uk/events</i> Art Classes for Adults 10.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> Beginners French 10.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> 5 Rhythms Dance 10.00am - The Humble Hub, 4-5 Shepherd St £15 Emma Leech Writers' Workshop: Continuing Study 10.00am - 7 Trinity St From £189 Stitch 'n Bitch Mondays! 10.30am - Unzipped Sewing Café, 40a Marina £5 cash. Stitch, natter, make friends, have a cuppa. Friendly creative hand stitching. Conversational French 11.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Needle Felt 11.00am - Isabel Blackman	Centre, Winding St <i>isabelblackmancentre.co.uk</i> Beginners Line Dance Classes 11.15am - All Saints Hall, 142 All Saints' St Contact Kerris 07480472368 Needle Felt 2 1.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Art & Social Club 2.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Conversational French lessons 2.00pm - Ore Community Library, Old London Rd £7 email: <i>french.tutor.1066@gmail.com</i> Hand Embroidery Afternoon Course 2.00pm - 53 London Rd Lady B Embroidery. Also Wednesdays 6.30pm FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade Writers' Cafe 3.00pm - Barnaby's Lounge, 46 Robertson St book a table at <i>lu.ma/writerscafe</i> Art Classes for Adults 4.30pm - 12 Maze Hill £20 per person - All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> Ore Youth Club Sessions 4.30pm - Ore Community Centre, 455 Old London Rd Register and find out more: <i>sarah.adams@freshvisions.org.uk</i> Knitting Yarns 5.00pm - Sugarpie Honeybuns, 235 London Rd Contact Rachel: 07397 794879 Gary Marriott's Tune up Tuesdays 5.15pm - Town Centre Text 07986 911083 for info Pregnancy Yoga with Sally Paffet 5.30pm - Lior Wellness Studio, 7A London Rd <i>liorwellnessstudio.com/class-schedule</i> for booking and prices. Silver Swans Ballet Class 6.30pm - Ore Community Centre, 455 Old London Rd Contact Annie: 07704 711772 Belly Dance Class 6.30pm - Stade Hall, The Stade For more info: contact Cate 'Caasi' Brick on Facebook. Writers' Workshop:	Developing Your Craft 6.30pm - 7 Trinity St From £189. Men's Circle 7.00pm - 4 George St With Pip Hersee, £10. <i>pipshastings.com</i> Community Music Circle - Vocal and Body Improv 7.30pm - St Leonards Studio CIC, The Royal Victoria Hotel Cash: £12 session/£7 Conc. Discounts online: £10 for a single session, £32 for 4 <i>tickettailor.com/events/arcoara/1727116</i>. Country Dancing 7.30pm - St Matthews Church Centre, London Rd Contact 07526 567537 Adult Tap Dancing 7.30pm - Laton Ash Dance Centre, 18 Laton Rd Call 01424 434774 to book. Seen on Screen Dance with Rosie 7.45pm - The Y Centre, 26 St Paul's Rd £10 on the door. Visit: <i>sos.dance</i> Wednesdays Adventures Through Movement and Music (0-2 years) 9.00am - Mini Playhouse, 26 White Rock £4 (after free trial). <i>pitterpatterarts@gmail.com</i> 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). <i>pitterpatterarts@gmail.com</i> Spanish - Adult Beginners 10.00am - First floor, 7 Cambridge Rd £15 Classes available for all levels. Contact <i>spanishonseaschool@gmail.com</i> or Españoles en Hastings FB page 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 Adult Tap Dancing 11.00am - Laton Ash Dance Centre, 18 Laton Rd Call 01424 434774 to book. Musical Drama (2-4 years) 11.00am - Mini Playhouse, 26 White Rock £4 (free trial). <i>pitterpatterarts@gmail.com</i> Art Classes for Adults 11.00am - 12 Maze Hill From £13.50. All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> 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. St Leonards' Writers 1.00pm - St Ethelburga Church, St Saviours Rd <i>stleonardswriters@outlook.com</i> FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade Write by the Sea Writing Group 3.00pm - The White Rock Hotel, 1-10 White Rock Contact Marcia: <i>marcia@39crw.uk</i> Art Classes for Kids 4.15pm - 12 Maze Hill £12 per child - All materials included. Email Theresa <i>stleonardsartschool@outlook.com</i> Martial Arts Free Trial Lesson 5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: <i>martialartshastings.com</i> Art Classes for Adults 6.00pm - 12 Maze Hill From £13.50. All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> Adult Tap Class for Beginners 6.15pm - 7 Mercatoria <i>kimhaviland@gmail.com</i> Into The Short Story with James Young 6.30pm - 7 Trinity St From £149. Adult Tap Dancing 7.00pm - Laton Ash Dance Centre, 18 Laton Rd Call 01424 434774 to book. Line Dancing Beginners New 7.30pm - St. Peter's Parish Community Centre, Church St, Bexhill Booking <i>linedance-withpat@gmail.com</i> Argentine Tango Social Dance 8.00pm - The White Rock Hotel, 1-10 White Rock Downstairs bar. £8 for dancers, £3 non-dancers. <i>pennythepoet-ess@yahoo.co.uk</i> Thursdays 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 <i>info@artsonprescription.org</i> Silver Swans Ballet Classes 10.00am - Laton Ash Dance
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Centre, 18 Laton Rd 01424 434774 to book
Writers' Workshop: Developing Your Craft 10.00am - 7 Trinity St From £189.
Circle Dancing 10.30am - Hastings Unitarian Church, 7A South Terrace £3. Good for body, mind and spirit.
Boxing for Fun 11.45am - Isabel Blackman Centre, Winding St Register: *isabelblackmancentre.co.uk*
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*
Dynamic Vinyasa 12.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Improver Line Dance Classes 1.00pm - St John's Church Hall, Brittany Rd £6. Experienced line dancers only. Qualified, licenced and insured instructor: Kerris 07480472368
Beginner Linedance Classes 2.15pm - St. John's Church Hall, Brittany Rd £6. All welcome. Qualified, licenced and insured instructor: Kerris 07480472368
FREE Make Your Mark Workshop (0-4yrs) 2.30pm - Stade Hall, The Stade
Writers' Cafe 3.00pm - Barnaby's Lounge, 46 Robertson St book a table at *lu.ma/writerscafe*
Aerial Slings 5.00pm - The Humble Hub, 4-5 Shepherd St £12 Samantha Jane, *the-humblehub.co.uk*
The Egyptian Room: Yoga Therapy - Yoga by The Sea 5.30pm - The Humble Heart, 18 Silchester Rd Karen Simnett POA *the-humblecollective.co.uk*
Tilekiln Youth Club Sessions 5.30pm - Tilekiln Community Centre, Tilebarn Rd-on-Sea Tilekin Community Centre *sarah.adams@freshvisions.org.uk*. Bev 07732 823800
Yin Yoga 5.45pm - Lior Wellness Studio, 7A London Rd with India *liorwellnessstudio.com*
Sewing for Beginners and Improvers 6.00pm - Unzipped Sewing Café, 40a Marina 4 sessions £100. New block

starts start of each month. Booking: 07766103039
Art Classes for Adults 6.15pm - 12 Maze Hill From £13.50, All Materials Included. Email Theresa *stleonardsartschool@outlook.com*
Pole Heels Choreo 6.30pm - Free Bird Fitness, Silchester Rd *freebirdfitness.uk*
Samba Dance Classes for all levels 6.30pm - The Carlisle, 24 Pelham St Upstairs, welcoming queer, trans and neurodiverse folk £8 @*Braziliantsamba*
Transformational Somatic Breathwork 6.30pm - The Humble Heart, 18 Silchester Rd Rachel Bednarski £20 *thehumblecollective.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 The Humble Heart, Katherine Salter, £12 *thehumblecollective.co.uk*
Intermediate advanced pole fitness 7.35pm - Free Bird Fitness, Silchester Rd *freebirdfitness.uk*
Aerial Hoop Class 9.15pm - The Humble Hub, 4-5 Shepherd St £15 Cherry, *thehumblehub.co.uk*

Fridays
Tiny Voices 9.30am - Stade Hall, The Stade. £5
Beginners Spanish 10.00am - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Art Classes for Adults 10.30am - 12 Maze Hill £13.50 per person - All Materials Included. Email Theresa *stleonardsartschool@outlook.com*. All abilities welcome.
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 printing curious £5 / PWYC *info@artsonprescription.org*
Conversational Spanish 11.00am - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Everyone Can Boogie: Dance for Adults with Physical & Learning Disabilities 1.30pm - The Hastings Centre, The Ridge £5/free for carers. Register *dancehastings.co.uk*. Call

Teresa on 07701 094585.
Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Register: *isabelblackmancentre.co.uk*
Kids Circus 4.15pm - 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*
Beginners Creative Writing Group 6.15pm - Clifton Centre, 1 and 2 Stainsby St Contact: *info@thecliftoncentre.com* for details
Vibelle Dance Class-Shamanic Group Healing and Sacred Dance 7.30pm - The Humble Heart, 18 Silchester Rd Natasha Saltzer £20 Monthly *thehumblecollective.co.uk*
Line Dancing Beginners New 7.30pm - St Stephen's Church, Bexhill, St Stephen's Church Hall, 1 Newlands Ave, Bexhill Booking *linedancewithpat@gmail.com* £6
Heels Choreo Class 8.00pm - Free Bird Fitness, 2c Silchester Rd £12 To attend, please email *megwestpfel@gmail.com*

Saturdays
Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email Theresa *stleonardsartschool@outlook.com*
Antenatal Class 10.00am - The Crown, 64-66 All Saints' St First Saturday morning of every month, free!
Martial Arts Free Trial Lesson 10.00am - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking: *martialartshastings.com*
Sewing for Beginners and Improvers 10.30am - Unzipped Sewing Café, 40a Marina 4 sessions £100. New block starts start of each month. Booking: 07766103039
Intermediate French 11.00am - Isabel Blackman Centre, Winding St Register for class at: *isabelblackmancentre.co.uk*
Art Classes for Adults 11.45am - 12 Maze Hill From £13.50 per person - All Materials Included. Email Theresa

stleonardsartschool@outlook.com. All abilities welcome.
Improv on Sea - Comedy Improv Workshops 12.00pm - The Horse & Groom, 4 Mercatoria Tickets £16 + booking fee – *outsavvy.com/organiser/improv-on-sea*
Mosaic Malarky Arts and Crafts 1.00pm - Hypha Studios, Priory meadow shopping Art and craft hub 12-3pm. All ages and abilities welcome
Sewing for Beginners and Improvers 1.30pm - Unzipped Sewing Café, 40a Marina 4 sessions £100. New block starts start of each month. Booking: 07766103039



Mondays
Slow Flow Yoga (Open Level) 9.30am - St Leonards Studio, The Royal Victoria Hotel 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
Beginners Vinyasa Flow 9.30am - Hot Yoga Hastings, 21 St Peter's Rd *hotyogahastings.co.uk*
Mama Circle 10.00am - Pips, 4 George St £12. Refreshments inc. Book with Carolina Alonso Neve: email: *hel-lo@almamadre.co.uk*
Yoga Over 60 – maintaining movement 11.00am - St Leonards Studio, The Royal Victoria Hotel Contact: *zowie@stleonards.studio*
Monday Meditation Circle 2.00pm - The Humble Hub, 4-5 Shepherd St. Lee Ring
Chair Yoga 3.00pm - Isabel Blackman Centre, Winding St Register: *isabelblackmancentre.co.uk*
Standing Meditation, Zhan Zhuang 5.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Qigong with Sigrid 5.45pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square Contact Sigrid at *qi-gongsigrid@gmail.com* or 07492 209190
Iyengar Yoga Beginners Class 6.00pm - The Humble

Heart, 18 Silchester Rd Vianney Faudemer £10 *hubbookings.the-humblewarrior.co.uk/page/humble-classes*
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*
Yoga for Men's Health 7.00pm - Play Sport Fitness Hub £3. Book via: *eequ.org/experience/3120*
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, *the-humblecollective.co.uk*
Yang to Yin Yoga 7.45pm - The Humble Heart, 18 Silchester Rd Hannah Almond Barr £15 *thehumblecollective.co.uk*

Tuesdays
Ashtanga Yoga - Assisted Self Practice 7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £15 *ashtangayogahastings@gmail.com*
Vinyasa Yoga with Sally Paffett 11.00am - Lior Wellness Studio, 7A London Rd Book via Lior Website
Hastings & St Leonards Low-Cost Well-Being Clinic 12.00pm - Royal Victoria Hotel, Marina
Pregnancy Yoga with Sally Paffett 5.10pm - Lior Wellness Studio, 7A London Rd

Wednesdays
Yoga Flow 7.30am - The Humble Hub, 4-5 Shepherd St £10 Rachael, Elevate Yoga, *thehumblehub.co.uk*
Ashtanga Yoga - Assisted Self Practice 7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £15 *ashtangayogahastings@gmail.com*
Pump & Tone 9.00am - Isabel Blackman

Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Garuda Pilates 9.00am - The Humble Hub, 4-5 Shepherd St £10 Sally Paffard, *the-humblehub.co.uk*
Yoga & Meditation 9.30am - The Bank Hotel & Bistro, 28-29 Grand Parade Kirsty T
The Snug Room: Psychotherapy & counselling 10.00am - The Humble Heart, 18 Silchester Rd Katy Swoboda - £45 - £75 *thehumblecollective.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 refreshments & creative activities with a focus on enhancing your wellbeing. *info@artsonprescription.org*
Qigong 10.00am - Isabel Blackman Centre, Winding St Register: *isabelblackmancentre.co.uk*
Qi Gong with Catherine 10.30am - Royal Victoria Hotel, Marina £8 *catherine-burnett12@gmail.com*
Barre 11.00am - Lior Wellness Studio, 7A London Rd A blend of ballet, barre and Pilates. No experience necessary *lior-wellnessstudio.com*
Yoga For All 11.00am - Four Courts Wellbeing Hub, Sydney Cl *sueyoga1066@gmail.com*
Therapeutic Yoga 12.30pm - The Hastings Centre, The Ridge £7 All abilities welcome. *ninayoga.co.uk*
Qigong Movement Class 12.30pm - Alexandra Park Bandstand, 75 Lower Park Rd Book via *eequ.org/experience/8796*
Legs Bums & Tums 1.00pm - Isabel Blackman Centre, Winding St Register: *isabelblackmancentre.co.uk*
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 *louisestleonards.studio*
HIIT cardio 3.00pm - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Level 1 Class, T'ai Chi

Ch'uan : Long Yang Form 3.00pm - The Humble Hub, 4-5 Shepherd St £0 Christopher Hamblin, thehumblehub.co.uk Qigong with Sigrid 5.45pm - The Humble Hub, 4-5 Shepherd St Contact Sigrid at qigong-sigrid@gmail.com Hatha Yoga 6.00pm - Lior Wellness Studio, 7A London Rd with India liorwellnessstudio.com Beginners Pole 6.00pm - The Humble Hub, 4-5 Shepherd St £15 drop in Cherry, thehumblehub.co.uk Yoga with Marjolyn 6.00pm - St Leonards Studio, Royal Victoria 07929 577985 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 Buddhist Meditation and Dharma Teaching 7.00pm - Clifton Centre, 1 and 2 Stainsby St In person and via Zoom. tsehg.org/local-groups Zumba 7.00pm - Broomgrove Community Centre, 85 Chiltern Dr £3 or free for Broomgrove residents. To book: eequ.org/experience/6591 Intermediate pole 7.00pm - The Humble Hub, 4-5 Shepherd St £15 Active Cherry, thehumblehub.co.uk Dynamic Rhythm & Release with Kirsty 7.00pm - 18 Silchester Rd The Humble Heart, MADRE, £12 thehumblecollective.co.uk Men's Stretch & Relaxation 7.00pm - 4 George St £15. With Pip Hersee. pipshastings.com Kundalini Yoga and Meditation Class 7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade £10. soulpowerkundaliniyoga.co.uk Aoi Bara Meditation 7.30pm - Peachy Self Care Studio Donation only community meditation class. aoibarameditation.co.uk Classique Pole Class 8.00pm - The Humble Hub, 4-5 Shepherd St £15 Active Cherry, thehumblehub.co.uk	humblehub.co.uk Thursdays Dynamic Anatomy Yoga 7.00am - West Hill Community Centre, Croft Rd £8 drop in, £36 for six week course, BYOM, book online 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 Morning Flow Yoga 7.30am - The Humble Hub, 4-5 Shepherd St Sarah Helene Warner £12 hubbookings.the-humblewarrior.co.uk/page/humble-classes Ashtanga Yoga - Assisted Self Practice 7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £15 ashtangayogahastings@gmail.com Morning Flow Yoga 7.30am - The Humble Hub, 4-5 Shepherd St Sarah Helene Warner £12 hubbookings.the-humblewarrior.co.uk/page/humble-classes 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 Circuits 9.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Move It or Lose It! 10.00am - The Hastings Centre, The Ridge also 11.05am-12.05pm. £6 per class. First class free. Friendly, low impact exercise for older adults lucy.jenner@moveitorloseit.co.uk Healthy Joints 10.30am - Isabel Blackman Centre, Winding St info@artsonprescription.org Pilates: Multi level 11.00am - The Humble Hub, 4-5 Shepherd St Pilates by Sarah T, £10 Full Body PNF Stretch and Flow 11.30am - Royal Victoria Hotel, Marina Dynamic Vinyasa 12.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square 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 isabelblackman-centre.co.uk Yoga for Beginners 6.00pm - Royal Victoria Hotel, Marina £10 drop in, £50 for six week block. St Leonards Studio @ RVH. jane@stleonards.studio Kundalini Yoga & Meditation with Yeli 6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square Contact Yeli on 07983598302 or Practical Elemental Qi Gong 6.00pm - Stade Hall, The Stade To book: energyalignment.co.uk/classes-timetable/ Yang Style Tai Chi 7.00pm - Stade Hall, The Stade To book: energyalignment.co.uk/classes-timetable/ Fridays Diabetes UK Peer Support Group 11.00am - His Place, Robertson St Emma: 07795 231064	Breathe and Stretch with Karen Arthur 8.00am - Afri-Co-Lab, 3, Marine Court Start the weekend energised and refreshed. £5 concessions afri-co-lab.org Pilates: Improver - Intermediate level 9.00am - The Humble Hub, 4-5 Shepherd St £10 Pilates by Sarah T 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 Register and find out more: isabelblackmancentre.co.uk Qigong with Sigrid 9.30am - West Hill Community Centre, Croft Rd Contact Sigrid at qigong-sigrid@gmail.com Seated Exercise Class 10.15am - Play Sport Fitness Hub, Elphinstone Rd For those who struggle to exercise while standing. £3.30. Booking is essential eequ.org/experience/7024 Mindful Yoga 10.30am - Royal Victoria Hotel, Marina zowie@stleonards.studio Classical Yoga 10.30am - The Humble Hub, 4-5 Shepherd St £10 Kate Shaw, thehumblecollective.co.uk	Move it or Lose It Fitness Class 11.00am - Play Sport Fitness Hub, Elphinstone Rd £3 (or pay what you can with free tkts also available) Breathe Better 11.00am - Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: isabel-blackmancentre.co.uk Yin Yoga 11.30am - Horntye Park Sports Complex, Bohemia Rd 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 Chair Yoga – A Supported Approach 2.30pm - St Leonards Studio, Royal Victoria Supported yoga for those with reduced mobility. £6. Email zowie@stleonards.studio or visit stleonards.studio. Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: isabel-blackmancentre.co.uk Old Town Yoga 6.00pm - Stade Hall, The Stade £9. Book oldtownyoga.co.uk	Saturdays Yoga Class 7.30am - The Humble Hub, 4-5 Shepherd St JoJo Yoga £10 thehumblecollective.co.uk Power Yoga 9.00am - The Humble Heart, 18 Silchester Rd Hannah Almond Barr £10 thehumblecollective.co.uk Pure Stretch 9.15am - Isabel Blackman Centre, Winding St All abilities stretching class. Register: isabel-blackmancentre.co.uk Aerobic class 9.30am - The Humble Hub, 4-5 Shepherd St Jensy Azucena, £8.00, alternate weeks Morning Flow Yoga 10.00am - Bank House, 144 London Rd Ease into your week-end with some mindful movement and breath-work. More info: yoga-by-the-sea.co.uk Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Let It Flow - all level Vinyasa Flow Yoga 10.30am - The Humble Heart, 18 Silchester Rd James Loosemore £10 Yoga Flow 11.30am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk
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