



## Malling Community Centre November Programme

(Subject to Government guidelines)

Malling Community Centre  
Spences Lane, Lewes, BN7 2HQ  
mallingscentre@lewes-tc.gov.uk  
[www.lewes-tc.gov.uk](http://www.lewes-tc.gov.uk)

### Monday

**Yellow Brick Lab** offering structured workshops for home educated children aged 5+. Focusing on introducing children to basic engineering concepts and the use of computer programming (coding) to bring robotic models to life, with LEGO Education, curriculum based. 9.45 -11.15am sessions run every Monday (school termtime only). Contact George Gotsinas – [george@yellowbricklab.co.uk](mailto:george@yellowbricklab.co.uk)

**Over 60s Monday Club** friendly social club. Held each Monday 1pm to 3pm. Contact Sylvia Johnson on 01273 474024 for more information.

**Core Pilates** classes with Izzy Elliott.  
10-11am for all levels.  
11.15am for over 60s.  
For details contact 07426 891222 or email [core34pilates@gmail.com](mailto:core34pilates@gmail.com)

**Beavers & Cub Scouts**  
[www.4thlewes.org.uk](http://www.4thlewes.org.uk)  
Offering lots of fun and activities for children every Monday during termtime sessions are between 4.45-8pm, main hall. Please contact Sarah on [bradsar12@icloud.com](mailto:bradsar12@icloud.com) or tel. 07591993051 for more information.

**Diverse Dance** All the fun of Latin, Ballroom & Swing.. without partners! Learn many styles such as cha cha cha, jive, salsa, bachata, rumba, waltz, Charleston, west & east coast & many more in this incredibly modern twist on Latin in one evening! A perfect evening for those who just love to dance!  
7 – 8.30pm weekly. contact [ayse@diversedanceworks.com](mailto:ayse@diversedanceworks.com) or call 07986 810233  
[www.diversedanceworks.com](http://www.diversedanceworks.com)

### Tuesday

**Pilates & Mindful Movement** with Fiona Whitfield. To help develop strength, flexibility and mobility in a holistic way.  
11am to 12pm  
For more info please contact Fiona on [fiona@thelifereboot.co.uk](mailto:fiona@thelifereboot.co.uk)

**SLH Dance** with Sophie Huntley  
Ballet, Modern, tap, jazz, lyrical & musical theatre classes for children & young people in Lewes. A wide range of classes available for children aged 2- 18 yrs old. A friendly, nurturing & professional dance school who have a passion for inspiring pupils to be the best they can be whilst developing a love for dance.  
Contact [slhdanceacademy@hotmail.com](mailto:slhdanceacademy@hotmail.com)

**Show Dance** With Gemma Coe. **Tues 2<sup>nd</sup> Nov.**  
This monthly class is a celebration of Musicals and Musical Movies. Each month we'll dance to a song from a well-loved musical. The class will include a warm up, a couple of simple step sequences and then a fun, exciting routine to finish. Monthly on Tuesday nights 7:40-8:40pm. Email [gemma@hotmail.co.uk](mailto:gemma@hotmail.co.uk) for more info and to book.

### Wednesday

**Yoga** with Anita  
Vajrasati Yoga with Anita Hall, suitable for all ages and levels of experience. 10-11am Wednesdays. Please bring your own yoga mat.  
For more details see: [www.yogawithanita.co.uk](http://www.yogawithanita.co.uk)

**Breathe Pilates** with Marina Winsor  
Mindful Movement. Pilates Class suitable for all adults, Wednesdays 5.15-6.15pm. for more details: [breathepilates.marina@gmail.com](mailto:breathepilates.marina@gmail.com) or tel.07429 979027

**Dog Training** run by Lewes and District  
Dog Obedience training classes & pet courses. Main Hall. Pre-booking necessary – call 01273 686931 or email Mrs. Jean Costello - [lewesdts@btinternet.com](mailto:lewesdts@btinternet.com) for more information.

## Thursday

### **Black Powder Morris Practice**

**Sessions 7-9pm** – Border Morris with attitude  
Contact tel: 07774 589461 for more information

### **Lewes Drama Collective Termtime**

**sessions for age 5 and up. 6.30-8.15pm** to learn about the world of performing arts. <https://dramacollective.com>  
[lewesdramacollective@gmail.com](mailto:lewesdramacollective@gmail.com)

## Friday

### **Zumba with Gemma Coe 9.30-10.30am**

Zumba is a Latin inspired dance fitness workout and every class feels like a party! You can't help but enjoy Zumba, the music and choreography give you such a buzz. It really is the most easy and effective class there is to burn calories and have fun at the same time. It's exercise in disguise. Find out what all the hype is about and try your first class. Booking required. [gemcoe@hotmail.co.uk](mailto:gemcoe@hotmail.co.uk)

### **Pilates & Mindful Movement**

**with Fiona Whitfield. To help develop strength, flexibility and mobility in a holistic way.**

11am to 12pm

For more info please contact Fiona on [fiona@thelifereboot.co.uk](mailto:fiona@thelifereboot.co.uk)

### **Malling Short Mat Bowls New**

**Members will be welcomed!** Tuition is free. 1-3pm  
Fridays. Contact Secretary Dave Gander on 01273 475566

## Saturday

**SLH DANCE** Ballet, Modern, tap, jazz, lyrical & musical theatre classes for children & young people in Lewes. A wide range of classes available for children aged 2- 18 yrs old. A friendly, nurturing & professional dance school who have a passion for inspiring pupils to be the best they can be whilst developing a love for dance.  
Contact [slhdanceacademy@hotmail.com](mailto:slhdanceacademy@hotmail.com)

## Sunday

**Judo 6-8pm** training for all ages 8yrs plus (Children from 5-7 yrs subject to coaching team approval). Club established for 31 years.  
New members welcome. Contact [lewesjudo@gmail.com](mailto:lewesjudo@gmail.com)

## ONE OFF EVENTS

**Our one-off events are advance bookings only. Due to limited capacity please book early to avoid disappointment.**

### **Want to hire Malling Community Centre?**

Get in touch.

We have three halls to hire at the Centre for both regular hire and one-off events.

Email us on

[mallingscentre@lewes-tc.gov.uk](mailto:mallingscentre@lewes-tc.gov.uk)  
or call 07708 648028

**If you would like to receive information regarding what's on at MCC please request to join our mailing list by emailing [mallingscentre@lewes-tc.gov.uk](mailto:mallingscentre@lewes-tc.gov.uk)**