



Malling Community Centre August Programme

Please be aware that some of the classes do not run through the term breaks or Bank Holidays. Contact information can be found in the listings.

Please also note, that we are undergoing some essential maintenance from 8th – 12th August, which will affect our opening times. Please check in with your class teacher or hirer. Many thanks.

Malling Community Centre
Spences Lane, Lewes, BN7 2HQ
mallingscentre@lewes-tc.gov.uk
www.lewes-tc.gov.uk
Tel: 01273 407537

Mondays

Over 60s Monday Club 1.00pm to 3.00pm, small hall 1.
friendly social club. Held each Monday, except Bank Holidays. Contact Sylvia Johnson on 01273 474024 for more information.

Tuesdays

Medieval Sword fighting Moved from All Saints Centre for the month! "Princes and Lords learn to survive with this art, in earnest and in play. But if you are fearful, then you should not learn to fence. Because a despondent heart will always be defeated, regardless of all skill." Sigmund Ringeck 1389.
Come and practice medieval sword fighting. Tuesdays from 7pm-8.30pm. Small Hall. Contact Neal at nealmatheson2@gmail.com for more information.

Wednesdays

Zumba with Gemma Coe 9.15-10.15am, main hall
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. gemcoe@hotmail.co.uk

Yoga with Anita 10.00-11.00am, small halls
Vajrasati Yoga with Anita Hall, suitable for all ages and levels of experience. Please bring your own yoga mat.
For more details see <http://www.yogawithanita.co.uk>

Breathe Pilates 5.15-6.15pm, Main hall
with Marina Winsor
Mindful Movement. Pilates Class suitable for all adults, Wednesdays for more details: breathepilates.marina@gmail.com or tel. 07429 979027

Dog Training 7.00 – 8.00pm & 8.00 – 9.00pm sessions, Main hall.
run by Lewes and District Dog Training Society.
Dog Obedience training classes & pet courses. Pre-booking necessary – call 01273 686931 or email Mrs. Jean Costello - lewesdts@btinternet.com for more information.

Fridays

Zumba 9.30-10.30am, main hall, with Gemma Coe
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

Malling Short Mat Bowls 1.00-3.00pm, Main Hall

New Members will be welcomed! We are a small friendly short mat bowls club established in 1998 and we welcome New members. We have a selection of bowls available for you to try and the first week is free plus tea/coffee and biscuits. We occasionally have matches with other local clubs which are most enjoyable. Come along and have a go or contact our secretary Dave Gander on 01273 475566.

Sundays

Bridgeview Judo 6.00-8.00pm, main hall.
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

One-Off Events

Why not book your special event or party with us? For more information, please get in touch & we will be happy to help.

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
or call 01273 407537

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