



## Malling Community Centre September Programme

Please check in with your class or  
hirer when they will resume after  
the summer break!

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

Tel: 01273 407537

## Monday

### **Core Pilates** classes with Izzy Elliott, Main Hall

10-11am for all levels. 11.15am for over 60s.

For details contact 07426 891222 or email

[core34pilates@gmail.com](mailto:core34pilates@gmail.com)

### **Yellow Brick Lab** . 9.45 -11.15am, Small Halls

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 sessions

run every Monday (school termtime only, resumes 12 Sep).

Contact George Gotsinas – [george@yellowbricklab.co.uk](mailto:george@yellowbricklab.co.uk)

### **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.

### **Beavers & Cub Scouts** sessions held

between 4.45-8pm Main Hall

Offering lots of fun and activities for children every Monday during

termtime. Please contact Sarah on bradsar12@icloud.com or tel.

07591993051 for more information. [www.4thlewes.org.uk](http://www.4thlewes.org.uk)

### **Diverse Dance** 7.00 – 8.30pm Small Halls.

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!

contact [ayse@diversedanceworks.com](mailto:ayse@diversedanceworks.com) or call 07986 810233

[www.diversedanceworks.com](http://www.diversedanceworks.com)

## Tuesday

### **Pilates & Mindful Movement** 11am to

12pm, Main Hall with Fiona Whitfield. To help develop strength,

flexibility and mobility in a holistic way.

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

### **SLH Dance** with Sophie Huntley 4 – 7.15pm Main Hall,

4 – 7pm Small Halls

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** Tues 6<sup>th</sup> September 7.45-8.45pm, Main

Hall with Gemma Coe. 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

### **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. [gemma@hotmail.co.uk](mailto:gemma@hotmail.co.uk)

### **Baby Yoga** 12.30-1.30pm small halls with

**FitFab Mama** The class is called Bring Your Bubba Yoga and is

suitable from 6 weeks postpartum and we welcome children up to

4 years old. There is a play area and an assistant to help look after

the children and a yoga instructor. The class is 40 mins long.

Spaces can be booked at [www.fitfabmama.com/book-online](http://www.fitfabmama.com/book-online)

### **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](mailto: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](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

## Friday

### **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](mailto:.gemcoe@hotmail.co.uk)

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

## Sunday

### **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](mailto: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.**



**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)**

**Telephone 01273 407537**



### **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 01273 407537