



November Programme



Please check in with your class or hirer beforehand

Malling Community Centre
Spences Lane, Lewes, BN7 2HQ
e: mallingscentre@lewes-tc.gov.uk
lewes-tc.gov.uk
facebook.com/LTCcommunitycentres/
t: 01273 407537

Monday

Core Pilates 10.00 to 11.00 and 11.15 to 12.15 for over 60s. Main Hall. Classes with Izzy Elliott, for all levels. For details t: 07426 891222 or e: core34pilates@gmail.com

Yellow Brick Lab 9.45 to 11.15. Small Halls. Structured workshops for home educated children aged five plus. Learning basic construction and programming skills with Lego™ Education, curriculum based sessions. Termtime only, with George Gotsinas e: george@yellowbricklab.co.uk

Over 60s Monday Club 13.00 to 15.00. Small hall one. Friendly social club. Held each Monday, except Bank Holidays. Contact Sylvia Johnson on t: 01273 474024 for more information.

SLH Dance Academy 15.15 to 18.00. Small Halls. A friendly, nurturing and professional dance school teaching Ballet, Modern, Tap, Jazz, Lyrical and Musical Theatre classes for children aged two to 18 years old. e: slhdanceacademy@hotmail.com

Beavers and Cub Scouts sessions held between 16.45 and 20.00. Main Hall Offering lots of fun and activities for children every Monday during termtime. Please contact Sarah for more information. e: bradsar12@icloud.com or t: 07591993051 4thlewes.org.uk

Diverse Dance 19.00 to 20.30. Small Halls. All the fun of Latin, Ballroom & Swing, without partners! Learn many styles from Cha Cha Cha to the Charleston. For more details t: 07986 810233 e: ayse@diversedanceworks.com or diversedanceworks.com

Tuesday

Pilates and Mindful Movement 11.00 to Midday. Main Hall. With Fiona Whitfield. To help develop strength, flexibility and mobility in a holistic way. For more information, please contact Fiona on e: fiona@thelifereboot.co.uk

SLH Dance Academy 16.00 to 19.30. Main and Small Halls. A friendly, nurturing and professional dance school teaching Ballet, Modern, Tap, Jazz, Lyrical and Musical Theatre classes for children aged two to 18 years old. e: slhdanceacademy@hotmail.com

Wednesday

Zumba 9.15 to 10.15. Main Hall. A Latin inspired dance fitness workout with Gemma Coe. Every class feels like a party! Burn calories and have fun. It's exercise in disguise. Find out more and book your first class today e: gemcoe@hotmail.co.uk

Yoga 10.00 to 11.00. Small halls.

Vajrasati Yoga with Anita Hall, suitable for all ages and levels of experience. Please bring your own yoga mat. For more details, please visit yogawithanita.co.uk

Breathe Pilates 17.15 to 18.15. Main Hall. Mindful Movement with Marina Winsor. Pilates Class suitable for all adults. For more details: t: 07429 979027 or e: breathepilates.marina@gmail.com

Dog Training Sessions 19.00 to 20.00 and 20.00 to 21.00. Main Hall. Lewes and District Dog Training Society. Puppy training courses and Dog Obedience classes. For more information, please contact Mrs. Jean Costello. Pre-booking necessary. t: 01273 686931 e: lewesdts@btinternet.com

Thursday

Black Powder Morris 19.00 to 21.00. Main Hall. Practice Sessions. Border Morris with attitude. For more information t: 07774 589461

Lewes Drama Collective 18.30 to 20.15. Small Halls. Termtime sessions for age five and up to learn about the world of performing arts. dramacollective.com e: lewesdramacollective@gmail.com

Friday

Zumba 9.30 to 10.30. Main Hall. A Latin inspired dance fitness workout with Gemma Coe. Every class feels like a party! Burn calories and have fun. It's exercise in disguise. Find out more and book your first class today e: gemcoe@hotmail.co.uk

Pilates and Mindful Movement 11.00 to midday. Main Hall. To help develop strength, flexibility and mobility in a holistic way. For more information, please contact Fiona Whitfield e: fiona@thelifereboot.co.uk

FitFab Mama Baby Yoga 12.30 to 13.30. Small Hall one. Suitable from six weeks postpartum. There is a yoga instructor and a play area with an assistant to help look after children up to four years old. 40-minute class. Spaces can be booked at fitfabmama.uk.com/book-online

Malling Short Mat Bowls 13.30 to 15.30. Main Hall. We are a small friendly short mat bowls club established in 1998. We warmly welcome new members. We have a selection of bowls available for you to try and the first week is free. Club Secretary Dave Gander t: 01273 475566.

Saturday

SLH Dance Academy. Both Halls. Sessions from 9.00 to 14.45
A friendly, nurturing and professional dance school teaching Ballet, Modern, Tap, Jazz, Lyrical and Musical Theatre classes for children aged two to 18 years old. e: slhdanceacademy@hotmail.com

Sunday

Bridgeview Judo 17.30 to 20.15 Main Hall. Training for all ages eight years and up (Children from five to seven years are subject to coaching team approval). Club established for 31 years. New members welcome. e: lewesjudo@gmail.com

One Off Events

Once a month Show Dance 19.40 to 20.40. Tuesday 4 October. Main Hall. With Gemma Coe. A celebration of Musicals and Musical Movies. The class will include a warm up, a couple of simple step sequences and then a fun, exciting routine to finish. For more info and to book e: gemcoe@hotmail.co.uk

Why not book your special event or party with us? For more information, please get in touch & we will be happy to help.
e: mallingscentre@lewes-tc.gov.uk
t: 01273 407537
lewes-tc.gov.uk/news/