



What's On July 2023

Malling Community Centre cannot take responsibility for any programme changes. All events are the responsibility of the individual organisers. For tickets and more information please see individual listings.

We are open seven days a week and hours vary. Please get in touch to arrange a time to view the space or to receive our monthly guide to what is happening at Malling Community Centre.

Malling Community Centre
Spences Lane, Lewes,
East Sussex, BN7 2HQ
t: 01273 407537
e: mallingscentre@lewes-tc.gov.uk
w: lewes-tc.gov.uk
FB: [LewesCommunityVenues](https://www.facebook.com/LewesCommunityVenues)

Monday

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

Yellow Brick Lab 09.45 to 11.15 Small Hall One. 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 12.30 to 14.30 Small Hall One. Friendly social club. Held each Monday, except Bank Holidays. Contact Sylvia Johnson for more information
t: 01273 474024

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 w: 4thlewes.org.uk

Diverse Dance 19.00 to 20.30 Small Hall one and two. All the fun of Latin, Ballroom & Swing, without partners! Learn many styles from Cha Cha Cha to the Charleston.
t: 07986 810233
e: ayse@diversedanceworks.com
w: diversedanceworks.com

Tuesday

SLH Dance Academy 9.30 to 10.30 Main Hall. 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. Termtime only.
w: slhdanceacademy.com
e: slhdanceacademy@hotmail.com

Adult Ballet Classes 10.00 to 11.00 Small Hall one and two. With Claire Lyons AISTD. A friendly class designed for all ages and abilities, no previous knowledge of ballet needed. For details
t: 07773 194040 e: claire.lyons@sky.com

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. As above
w: slhdanceacademy.com
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 with Anita 10.00 to 11.00 Small Hall one and two. Vajrasati Yoga suitable for all ages and levels of experience. Please bring your own yoga mat. For more details, please visit w: yogawithanita.co.uk

Breathe Pilates 17.15 to 18.15 Small Hall one and two. 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 Jean Costello. Pre-booking necessary. t: 01273 686931 e: lewesdts@btinternet.com

Thursday

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. w: 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 in disguise. Find out more and book your first class today e: gemma@hotmai.co.uk

Pilates and Mindful Movement 11.00 to midday Main Hall. With Fiona. See Tuesday listing for details.

Malling Short Mat Bowls 13.30 to 15.30. Main Hall We are a small friendly 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. For more information, please contact Club Secretary Dave Gander t: 01273 475566.

Saturday

SLH Dance Academy. Main Hall and Small Halls. Various sessions from 9.00 to 14.00 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. Termtime only. w: slhdanceacademy.com e: slhdanceacademy@hotmail.com

Sunday

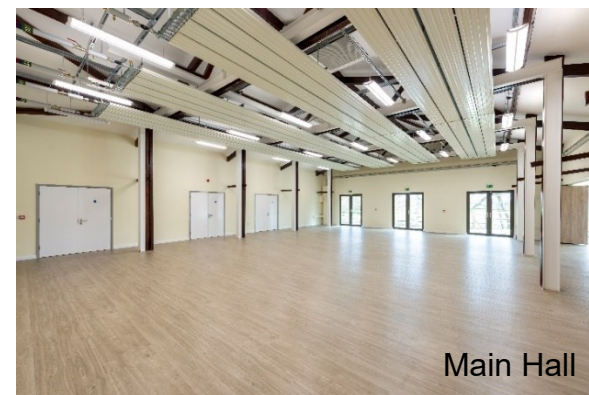
Bridgeview Judo 17.30 to 20.15 Main Hall. Training for all ages eight years and up (Children from five to seven years are subject to coaching team approval). Club established for 31 years. New members welcome. e: lewesjudo@gmail.com

One Off Events

Tuesday 11 July 19.45 to 20.45 Once a month Show Dance Main Hall. With Gemma Coe. A celebration of Musicals and Musical Movies. Includes a warmup, simple step sequences and then a fun, exciting routine to finish. For more info and to book e: gemma@hotmai.co.uk

Friday 14 July 13.30 to 15.00 and 15.00 to 16.30 (two sessions available) Rest and Restore Yoga and Hema Sounds. Join Linda and Marisa for a deeply nourishing and restorative yoga session, followed by the powerful and therapeutic vibrations of a healing sound bath. Instagram and Facebook: [hema.sounds](https://www.instagram.com/hema.sounds) and [lindacliffordyoga](https://www.facebook.com/lindacliffordyoga) e: hemasoundtherapy@gmail.com t: 07932 682781

Thursday 27 July 14.00 to 16.00 BreatheEasy Support Group Small Hall One. For people living with lung disease and/or Asthma. Meetings are held last Thursday of each month. t: 07969 490379 w: breatheasyeastbourne.org/breatheasy-lewes e: breatheasyeastbourne@gmail.com



Main Hall

Why not book your special event or party with us in one of our halls for hire? Please contact one of our team. t: 01273 407537 e: mallingscentre@lewes-tc.gov.uk w: lewes-tc.gov.uk/services/venue-hire