

WHAT'S ON AT MALLING CC?

REGULAR GROUPS

MONDAY

Main Hall:

Core Pilates

10:00 to 11:00 All Levels

11:15 to 12:15 Over 60s

Classes with Izzy Elliot.

t: 07426 891222

core34pilates@gmail.com

Beavers and Cub Scouts

Sessions from 16:45 to 20:00

e: bradsar12@icloud.com

t: 07591993051 w: 4thlewes.org.uk

Term time only.

Small Hall:

Yellow Brick Lab

9:45 to 11:15

Workshops for home educated children aged five plus. Learning basic construction and programming skills with Lego™.

e: george@yellowbricklab.co.uk

Term time only.

Over 60s Monday Club

12:30 to 14:30

t: 01273 474024

Diverse Dance

19:00 to 20:30

Learn solo dance in a range of styles.

t: 07986 810233

e: ayse@diversedanceworks.com

w: diversedanceworks.com

TUESDAY

SLH Dance Academy

9:30 to 10:30 Main Hall

16:00 to 19:30 Main and Small Hall

A friendly, nurturing and

professional dance school teaching

Ballet, Modern, Tap, Jazz, Lyrical

and Musical Theatre classes for

children aged 2 to 18 years old.

w: slhdanceacademy.com

e: slhdanceacademy@hotmail.com

Term time only.

Main Hall:

Pilates and Mindful Movement

11:00 to 12:00

With Fiona Whitfield. To help

develop strength, flexibility, and

mobility in a holistic way.

e: fiona@thelifereboot.co.uk

Small Hall:

Adult Ballet Classes

10:00 to 11:00

With Claire Lyons AISTD. A friendly

class designed for all ages and

abilities, no previous knowledge of

ballet needed.

t: 07773 194040

e: claire.lyons@sky.com

WEDNESDAY

Main Hall:

Zumba

9:15 to 10:15

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.

e: gemcoe@hotmail.co.uk

Dog Training Sessions

19:00 to 20:00 and

20:00 to 21:00

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

Small Hall:

Breathe Pilates

17:15 to 18:15

Mindful Movement with Marina Winsor. Pilates Class suitable for all adults.

t: 07429 979027

e: breathepilates.marina@gmail.com

THURSDAY

Main Hall:

Breatheasy

Sessions between 9:30 and 16:30

A Support Group for people with a

long term lung condition and asthma

in Lewes and the surrounding areas.

t: 07949 811599

e: breatheasyeastbourne@gmail.com

Children's Community Choir

17:15 to 18:15

For 7-11 year olds.

w: musiclessonslewes.com

Black Powder Morris

19:00 to 21:00

Practice Sessions. Border Morris with

attitude.

w: blackpowdermorris.uk

Small Hall:

Lewes Drama Collective

18:30 to 20:15

Sessions for age five and up to learn

about the world of performing arts.

w: dramacollective.com

e: lewesdramacollective@gmail.com

Term time only.

FRIDAY

Main Hall:

Zumba

9:30 to 10:30

See Wednesday listing for details.

Pilates and Mindful Movement

11:00 to 12:00

See Tuesday listing for details.

Malling Short Mat Bowls

13:30 to 15:30

We are a small friendly club

established in 1998. We warmly

welcome new members.

t: 01273 475566

Small Hall:

Malling Munchkins

10:00 to 11:30

Play sessions for children 0-5

years with parents/carers run by

Lewes Family Hub.

WEEKEND

Saturday

Main Hall:

SLH Dance Academy

(Sessions from) 9:00 to 12:25

See Tuesday listing for details.

Sunday

Main Hall:

Bridgeview Judo

17.30 to 20.45

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

Small Hall:

Christ Victory Life Chapel

11:00 to 13:00

A welcoming weekly Sunday church

service, focused on love and

purpose, and finding a meaningful

relationship with God.

w: cvlcuk.org e: info@cvlcuk.org

t: 07901026462