

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 & Intelligent Movement

11:00 to 12:00

With Fiona Whitfield. To help develop strength, flexibility, and mobility, with daily awareness.

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: musiclessonslwes.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

A small friendly club established in 1998, warmly welcoming 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