

Welcome back to The Heene!

You will find plenty of activities here to choose from, with something for everyone. Contact the office for more details or check the website out.

Opening Hours

Centre:

Mondays to Sundays: 8am – closing times vary
Closed on all Bank Holidays



Office:

Mondays to Fridays: 9am – 4.30pm
Saturdays: 9am – 12pm



Café One22:

Mondays to Fridays: 9.30am – 4pm
Saturdays: 9am – 2pm

Where to Find Us

From the pier, walk west along the seafront to Heene Road. The Heene is at the junction of Heene Road and Winchester Road. Access to the car park and The Heene is off Winchester Road with disabled parking

Heene Club

Classes for Members only, pay session price per visit, see overleaf in bold italic for classes and times.

Room Hire

Varying sized rooms available for hire for parties, classes and meetings

Why the Heene?

Health & Safety – Covid-19 Secure

Room Hire for all events

Competitive Prices

Café one22

Gardens & Play Areas

Free Car Park

ACTIVITIES PROGRAMME



At the heart of the community since 1986

Memberships

We would like to encourage everyone to please support The Heene, by joining up and becoming a member of the Centre, by paying a small annual subscription. Please enquire at the office.

~ Thank you ~

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E: info@heenecommunitycentre.org
www.heenecommunitycentre.org
www.facebook.com/heenecommunity
Centre Manager: Joanna Barden

Registered Charity No.290117

(Changes amended 6/10/2021)

ACTIVITY PROGRAMME

MONDAY

- 1000 – 1100 Fitness League – Pat (01273 807722)
1000 – 1045 Chair Yoga & Meditation – Martina (07813 071923)
1115 – 1215 Fitness League – Pat (01273 807722)
1300 – 1600 **Card-making** - 2nd & 4th week
1330 – 1630 **Monday Dance** (Tea-Dance/Ballroom Dancing)
1400 – 1600 **Spanish**
1700 – 1800 Tai Chi (Advanced) – Ian (01903 367043)
1745 – 1845 Grace Dance Academy – Fiona (07746 240621)
1800 – 1900 Tai Chi (Beginners) – Ian (01903 367043)
1900 – 2000 Clubbercise – Hannah (07736 297533)
1905 – 2035 Iyengar Yoga – Randall & Cathy (01903 762850)

TUESDAY

- 0900 – 1000 Fitness Pilates – Dena (07738 171799) **NEW 2/11/21**
1000 – 1200 **Tuesday Italian** Full Class - Waiting List
0945 – 1030 Zumba Gold with Jo – (www.zumbawithjo.com)
1000 – 1200 **Chat Room** – Just turn up
1015 – 1130 Pebbles Baby & Toddler Playgroup – (contact via Facebook) **NEW 5/10/21**
1100 – 1200 DiVibe – Seated Dance - Diane (07795 956793)
1215 – 1300 Dancercise – Over 50s - Jane (07860 136455)
1230 – 1515 WellBalance Strength & Balance – Debbie (01444 657099)
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)
1530 – 1800 Grace Dance Academy – Fiona (07746 240621)
1645 – 1745 Beat Crew (Aged 4-8) (Rosie@rosiechessondance.co.uk)
1745 – 1845 Lost & Found Crew (Aged 8/9+) (Rosie@rosiechessondance.co.uk)
1800 – 1915 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)
1845 – 2130 **Short Mat Bowls**
1900 – 1940 Meditation, Nidra & Sound – (info@echoyoga.com) **NEW 5/10/21**
1925 – 2040 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)

WEDNESDAY

- 0930 – 1100 Iyengar Yoga – Randall & Cathy (01903 762850) Shakespeare Hall
0930 – 1030 Gentle Yoga – Wendy (07990 626442) Shelley Room
1045 – 1145 Fitness Pilates – Clarence (07926 188740)
1115 – 1215 Silver Steps – Over 60s - Sundari (07599 233799)
1315 – 1515 U3A Ukulele – 2nd & 4th week (www.worthingu3a.org.uk)
1530 – 1945 Grace Dance Academy – Fiona (07746 240621) Shelley
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Hall
1830 – 1930 Yin Yoga & Nidra – (info@echoyoga.com) **NEW January TBC**

THURSDAY

- 0915 – 1215 Sky Blue Art Class – Jane (01903 856999)
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812)
1030 – 1200 Rock Choir – (www.rockchoir.com)
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking) (07792 007812)
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1300 – 1530 Sky Blue Art Class – Jane (01903 856999) **NEW 4/11/21**
1545 – 1945 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477)
1715 – 1845 Competition Crew (invite) (Rosie@rosiechessondance.co.uk)
1800 – 2130 Guitar Club – Peter (07876 597559)
1800 – 1915 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)
1830 – 1945 Pregnancy Yoga – Sharon (07813 435749)
1915 – 2145 Fivestar Table Football Club 1st & 3rd (shaun_allison@hotmail.com) **7/10/21**
1925 – 2040 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)

FRIDAY

- 0900 – 1130 **Short Mat Bowls**
0930 – 1130 Weight Watchers – Wordsworth Lounge
1000 – 1130 U3A Singing for Pleasure – (www.worthingu3a.org.uk)
1400 – 1600 **Friday Art & Craft Group**
1545 – 1715 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall

SATURDAY

- 0845 – 1230 Grace Dance Academy – Fiona (07746 240621) Shelley Room
0945 – 1215 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
0900 – 1700 **Saturday Art & Craft Group**
0900 – 1030 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)
1100 – 1230 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)
1900 – 2200 Lady Amethyst Spiritual Centre (2nd week of month events)

SUNDAY

- 0900 – 1300 New Creation Life Ministries (www.nclm.co.uk)

Check with each individual hirer for costs and availability.
The Heene Club groups are in **bold Italic**. Enquire at the office.
There is a small membership fee to join The Heene Club
Revised 6/10/21