

## Welcome to The Heene!

You will find a range of classes to choose from, with something for everyone.

### Opening Hours

#### Centre:

Mondays to Sundays: 9am – closing times vary  
Closed on all Bank Holidays

#### Office

Mondays to Fridays: 9am—5pm

Saturdays: 9am—12noon

#### Café:

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.

### Function Rooms For Hire

Varying sized rooms available for hire for parties (including bouncy castle parties), wedding receptions, classes, courses and meetings. Enquire at the office for more information on prices and availability

### Membership

Become a member now & support your local Community Centre.

Membership is £12.50 and is valid until 31/12/2026

Please enquire at the office to join.

Membership now includes a monthly prize draw.

June Prize is a Pimms Set

### Heene Club

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

Enquire at the office for more details.



# COMMUNITY CENTRE CLASSES GUIDE

(Amended 6/5/2026)

Find details of all our groups that meet regularly at The Heene.



Find us at: 122 Heene Road, Worthing, BN11 4PL

Call us on 01903 209997

E-mail us at [info@heenecommunitycentre.org](mailto:info@heenecommunitycentre.org)

Visit [www.heenecommunitycentre.org](http://www.heenecommunitycentre.org)

Follow us at [www.facebook.com/heenecommunity](http://www.facebook.com/heenecommunity)

Registered Charity No. 1210439

## MONDAY

- 0920 – 1020 Strong Mutha (Mum & Baby Fitness) Louisa (07746 932006)  
1000 – 1200 I.T Junction – FREE I.T. support - Just turn up  
1000 – 1045 Chair Yoga & Meditation – Martina (07813 071923)  
1030 – 1130 Feldenkrais Method with Wendy ((07990 626442)  
12.15 - 13.45 Qi Qong (07738 998459)  
1300 – 1600 **Card-making** – enquire at office 2<sup>nd</sup> & 4<sup>th</sup> week  
1400 – 1600 **Intermediate Spanish** – enquire at office  
1400 – 1600 **Chat Room** – just turn up. 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Mon of month  
1430 - 1530 Cardiac Rehab Exercise Class – Aimee (07808 723528 / 07803 304346)  
1700 – 1900 Tai Chi – Ian (07976 282673)  
1905 – 2035 Iyengar Yoga – Randall & Cathy (01903 762850)  
1930 – 2230 Jive Frenzy – Mark (07702 588705)

## TUESDAY

- 0945 – 1030 Zumba Gold with Jo – (www.zumbawithjo.com)  
0930–1200 Life Drawing (Cecilia Lewis 07980 735403)  
1000 – 1200 **Tuesday Italian** – *Waiting list full*  
1000 – 1200 **Chat Room** – Just turn up – *enquire at office*  
1000 - 1045 Chair Yoga & Meditation – Martina (07813 071923)  
1100 – 1145 Exercise to Music – Over 60s - Jane (07860 136455)  
1215 – 1300 Dancercise – Over 50s - Jane (07860 136455)  
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)  
1530 – 1830 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](mailto:Rosie@rosiechessondance.co.uk))  
1830 - 2000 Savage Heart Drama Class (07473 962662)

## WEDNESDAY

- 0915 – 1015 Fitness Pilates – Claire (07926 188740)  
0930 – 1100 Iyengar Yoga – Randall & Cathy (01903 762850) Shakespeare Hall  
0930 – 1030 Gentle Yoga – Wendy (07990 626442) Shelley Room  
1000 – 1200 I.T Junction– FREE I.T.help - Just turn up  
1000 – 1230 Sky Blue Art Class – Jane (07779 499294)  
1000 – 1045 Morning Rebalance with Martina - Martina (07813 071923)  
1045 – 1145 Fitness Pilates – Claire (07926 188740)  
1315 – 1515 U3A Ukulele – 2<sup>nd</sup> & 4<sup>th</sup> week (www.worthingu3a.org.uk)  
1530 – 2035 Grace Dance Academy – Fiona (07746 240621)

## THURSDAY

- 0915 – 1215 Sky Blue Art Class – Jane (07779 499294)  
0915 – 0945 Grace Dance Academy – Fiona (07746 240621)  
1000 – 12.45 Hartbeeps - (07792 007812)  
1030 – 1200 Rock Choir – (www.rockchoir.com)  
1300 – 1530 Sky Blue Art Class – Jane (07779 499294)  
1430 – 1530 Cardiac Rehab Exercise Class – Aimee (07808 723528 / 07803 304346)  
1545 – 2000 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
1830 – 1945 Pregnancy Yoga – Sharon (07813 435749)  
1915 – 2015 Guitar Club – Peter (07876 597559)  
2000 – 2100 Yoga With Lucy – Lucy (07921 671191)

## FRIDAY

- 0900 – 1130 **Short Mat Bowls** – enquire at office  
0900 – 1000 Fitness Pilates – Claire (07926 188740)  
1005–1120 Yoga with Bev - Bev (07917 271401)  
0930 – 1030 Weight Watchers – Wordsworth Lounge  
1130– 1315 U3A Choir– (www.worthingu3a.org.uk)  
1330 – 1430 Zumba Gold with Jo – (www.zumbawithjo.com)  
1400 – 1600 **Friday Art & Craft Group** – enquire at office  
1545 – 1745 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall

## SATURDAY

- 0815 – 1200 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
0845 – 1145 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
0900 – 1300 **Saturday Art & Craft Group** – enquire at office  
0900 – 11.00 Kundalini Yoga – Miguel (kundalinirealm@hotmail.com)  
1630 – 1800 Gong Sound Meditation – Miguel (07730 426695) ( 1<sup>st</sup> week of month)  
1900 – 2200 Lady Amethyst Spiritual Centre (07746 906523) (2<sup>nd</sup> week of month)  
1930 – 2330 Leroc Sussex – Mark (07702 588705) (last Sat of month)  
1930 – 2330 Keenes Dance Studio – Social Dances– Carol (01903 213740) (monthly)

## SUNDAY

- 0900 – 1300 New Creation Life Ministries (www.nclm.co.uk)  
1030 – 1230 Worthing Church Network (07501 222019)