

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 £6.00 and is valid until 31/12/2026

Please enquire at the office to join.

Membership now includes a monthly prize draw.

August Prize is a £10 voucher of the winners choice!

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 29/7/2026)

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

Visit www.heenecommunitycentre.org

Follow us at www.facebook.com/heenecommunity

Registered Charity No. 1210439

MONDAY

0920 – 1020 Strong Mutha (Mum & Baby Fitness) Louisa (07746 932006)
1000 – 1045 Chair Yoga & Meditation – Martina (07813 071923)
1030 – 1130 Feldenkrais Method with Wendy ((07990 626442)
1045—1145 Pilates - Caroline 07736 303231 (Starts September 2026)
1145—1245 Hatha Yoga—Caroline 07736 303231 (Starts September 2026)
12.15 - 13.45 Qi Qong (07738 998459)
1300 – 1600 **Card-making** – enquire at office 2nd & 4th week
1400 – 1600 **Intermediate Spanish** – enquire at office
1400 – 1600 **Chat Room** – *just turn up. 1st, 3rd & 5th Mon of month*
1430 - 1530 Cardiac Rehab Exercise Class – Aimee (07808 723528 / 07803 304346)
1700 – 1900 Tai Chi – Ian (07976 282673)
17.45 - 20.00 MAYA Classical Pilates 07361 491380/hello@mayaclassicalpilates.co.uk
1905 – 2035 Iyengar Yoga – Randall & Cathy (01903 762850)
1930 – 2230 Leroc Sussex– Mark (07702 588705)

TUESDAY

0945 – 1030 Zumba Gold with Jo – (www.zumbawithjo.com)
0930—1200 Life Drawing (Cecilia Lewis 07980 735403)
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 – 1845 Street Dance (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 – 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 – 2nd & 4th week (www.worthingu3a.org.uk)
1400—1700 U3A French Class -2nd & 4th 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) (1st week of month)
1900 – 2200 Lady Amethyst Spiritual Centre (07746 906523) (2nd 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)