Stay up to date
Get our latest news, events and updates via e-mail.

Centre: Opening Hours

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 £3.00 and is valid until 31/12/2026
Please enquire at the office to join.
Membership now includes a monthly prize draw.
November prize is a Heene Café Voucher.

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.

HEENE
COMMUNITY CENTRE

Registered Charity No. 1210439

CLASSES GUIDE

(Amended 01/10/2026)



Heene Community Centre, 122 Heene Road, Worthing, BN11 4PL

☎ 01903 209997

✉ info@heenecommunitycentre.org

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
1145—1245	Gentle Yoga—Caroline 07736 303231
1215 – 1345	Qi Qong (07738 998459)
1300 - 1400	C-Side Line Dancing – Collette 07788 581940 Starts 4th January 2027
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)
1745 - 2000	MAYA Classical Pilates 07361 491380/hello@mayaclassicalpilates.co.uk
1900—2015	Sacred Geometry - fortnightly Siri (s1.absolutespace@gmail.com)
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)

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)
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)
0930 - 1030	Pilates with Lesley 07577 316174 (Starting 15th October)
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

0845 – 1245	Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
0845 – 1245	Grace Dance Academy – Fiona (07746 240621) Shelley Room
0900 – 1300	Saturday Art & Craft Group – enquire at office
0900 – 1100	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)

SUNDAY

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