

IMPORTANT INFORMATION

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 – 2.30pm
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 whilst following the current Government's guidelines on social distancing etc.

Why the Heene?

Health & Safety – Covid-19 Secure
Room Hire for all Events
Competitive Prices
Many Classes to choose from
Café one22
Gardens & Play Areas
Free Car Park



At the heart of the community since 1986

ACTIVITIES PROGRAMME

**WE ENCOURAGE EVERYONE TO
SUPPORT THE HEENE
BY JOINING UP & BECOMING
A MEMBER OF THE CENTRE.
PLEASE ENQUIRE AT THE OFFICE.
~ THANK YOU ~**

**122 Heene Road, Worthing, BN11 4PL
T: 01903 209997**

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

ACTIVITY PROGRAMME

MONDAY

- 0900 – 0945 Chair Yoga & Meditation – Martina (07813 071923)
1000 – 1100 Fitness League – Pat (01273 807722) **20/9/21**
1000 – 1045 Chair Yoga & Meditation – Martina (07813 071923)
1115 – 1215 Fitness League – Pat (01273 807722) **20/9/21**
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)
1800 – 1900 Tai Chi (Beginners) – Ian (01903 367043)
1900 – 2000 Clubbercise – Hannah (07736 297533)
1905 – 2035 Iyengar Yoga – Darren (07801 481801)

TUESDAY

- 1000 – 1200 **Tuesday Italian Full Class - Waiting List**
1000 – 1500 Lovejoy Centre – Ann Marie (01903 236814)
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 **7/9/21**
1845 – 2130 **Short Mat Bowls**
1925 – 2040 Kundalini Yoga – Miguel – kundalinirealm@hotmail.com **7/9/21**

WEDNESDAY

- 0930 – 1100 Iyengar Yoga – Darren (07801 481801) 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) **28/7/21**
1530 – 1945 Grace Dance Academy – Fiona (07746 240621) Shelley
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Hall
2015 – 2115 Adult Ballet – Charis (gracedanceworthing@gmail.com)

THURSDAY

- 0915 – 1215 Sky Blue Art Class – Jane (01903 856999)
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812)
1000 – 1500 Lovejoy Centre – Ann Marie (01903 236814)
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 – 1345 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1400 – 1600 Circle Dance - Yvonne (01903 261660) **9/9/21**
1545 – 1945 Grace Dance Academy – Fiona (07746 240621) 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)
1925 – 2040 Kundalini Yoga – Miguel – kundalinirealm@hotmail.com

FRIDAY

- 0900 – 1130 **Short Mat Bowls**
0930 – 1030 Weight Watchers – Wordsworth Lounge
1000 – 1130 U3A Singing for Pleasure – (www.worthingu3a.org.uk) **10/9/21**
1400 – 1600 **Friday Art & Craft Group**
1545 – 1715 Grace Dance Academy – Fiona (07746 240621) Hall

SATURDAY

- 0845 – 1230 Grace Dance Academy – Fiona (07746 240621)
0945 – 1215 Grace Dance Academy – Fiona (07746 240621) 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) **14/8/21**

SUNDAY

- 0900 – 1300 New Creation Life Ministries **25/7/21**

Please contact the individual hirer for further information on availability/prices.

The Heene Club groups are in **bold italic** and you can just turn up to them.

There is a small membership fee to join The Heene Club.