

Summer

weekly schedule

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hanovercc.org

Summer 2026

MONDAY

09:15	10:15	The Studio	Pilates (Rachel Attmere)	attmepilates.com
09:30	10:30	The Hall	Zumba (with Mon)	zumbamon.com
10:30	11:30	The Studio	Pilates (Rachel Attmere)	attmepilates.com
12:00	13:00	The Studio	BollyMoves	magicmovesdance.co.uk
13:30	14:30	The Studio	Rooted Yoga (Tess)	wildrooted@proton.me
16:15	17:45	The Hall	Third Space Theatre	thirdspacetheatre.co.uk
18:00	19:00	Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk
19:15	20:15	The Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk

TUESDAY

09:15	10:15	The Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk
10:30	12:00	The Hall	Brighton Breastfeeding	Drop in
10:30	12:30	The Studio	Singing Mamas	laura.owen.singingmamas@gmail.com
13:00	15:30	The Studio	Life Drawing (Lance Richardson)	instagram.com/lancelotrichardson/
16:30	17:30	The Studio	Brighton Ballet	brightonballetschool.co.uk
17:45	18:45	The Studio	Qi Gong (Sophie Gibson)	gibsonophie85@gmail.com
18:15	19:15	The Hall	Dreamspin Hoop	dreamspin@rocketmail.com
19:00	21:30	The Studio	Crazy Monkey	crazymonkeybrighton.com
19:30	21:30	The Hall	Wu Tan Kung Fu	wutanbrighton.co.uk

WEDNESDAY

09:30	11:30	The Hall	Hanover Playgroup	Drop in
18:00	19:00	The Studio	Crazy Monkey	crazymonkeybrighton.com
18:30	19:45	The Hall	Tai Chi Short Form	Drop-in
19:30	21:00	The Studio	Iyengar Yoga (Sarah Kennedy)	sarah.iyengaryoga@outlook.com

THURSDAY

09:15	10:15	The Studio	Slow Flow Yoga (Bev H)	07815 311 332
10:30	11:45	The Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk
12:30	13:45	The Studio	The Bliss Flow (Lee)	07766 330 141
15:30	18:15	The Studio	Third Space Theatre	thirdspacetheatre.co.uk
18:15	19:15	The Hall	Pilates (Nelly Lewis)	nellylewis.com
18:30	19:30	The Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk

FRIDAY

09:00	10:00	The Studio	HIP Pilates (Katie Bringlee)	pilateswithkatie.co.uk
09:15	10:15	The Hall	Gentle Flow Yoga (J.Finn)	juliettefinnyoga.co.uk
10:15	11:30	The Studio	Iyengar Yoga (Sarah Kennedy)	sarah.iyengaryoga@outlook.com
10:30	11:15	The Hall	Magic Moves	magicmovesdance.co.uk
10:30	12:30	The Room	Sleep Clinic	thesleepclinic.uk
16:15	17:45	The Studio	Brighton Ballet	brightonballetschool.co.uk
18:00	19:00	The Studio	Gentle Flow Yoga	peg_osborne@hotmail.com
19:15	20:45	The Studio	Capoeira	capoeirabrighton.co.uk

SATURDAY

09:00	10:00	The Hall	Magic Moves	magicmovesdance.co.uk
09:30	10:30	The Studio	Vajrasati Yoga (Leo Taylor)	centredspace.net
10:45	12:30	The Studio	Magic Moves	magicmovesdance.co.uk

SUNDAY

11:00	13:00	The Hall	Christ Embassy	Drop in
17:00	18:30	The Hall	Sunday Soundbath Sessions	Eventbrite


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We're looking for someone local to fill an 'Event Steward' role at the Hanover Centre. It will be a paid, ad-hoc position supporting the centre's larger daytime and evening events. If interested and for more info, please email. centre@hanovercc.org