

Winter

weekly schedule

hanovercc.org

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Winter 2026

MONDAY

09:15	10:15	The Studio	Pilates (Rachel Attmere)	attmerepilates.com
09:30	10:30	The Hall	Zumba (with Mon)	zumbamon.com
10:30	11:30	The Studio	Pilates (Rachel Attmere)	attmerepilates.com
12:00	13:00	The Studio	BollyMoves	magicmovesdance.co.uk
13:30	14:30	The Studio	Rooted Yoga (Tess)	wildrooted@proton.me
15:45	16:30	The Studio	Magic Moves	magicmovesdance.co.uk
16:15	17:45	The Hall	Third Space Theatre	thirdspacetheatre.co.uk
18:00	19:00	Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk
18:15	19:15	The Hall	Dreamspin Hoop	dreamspin@rocketmail.com
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)	gibson sophie65@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
12:15	13:15	The Studio	Vinyasa Flow (Charlie)	yogahanover.eventbrite.co.uk
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
11:45	12:45	The Studio	Pilates (Katie Bringlee)	pilateswithkatie.co.uk
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
19:30	21:30	The Hall	Morris Men	brightonmorris.co.uk

FRIDAY

07:00	08:00	The Hall	HIIT class	futureyoupt.com
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
16:30	17:30	The Studio	Brighton Ballet	brightonballetschool.co.uk
18:00	19:00	The Studio	Funky Friday 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

OTHER	The Room	Violin and Piano lessons	rachelwoodmusic.com
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TrestleMania coming winter 2026. A carboot style market in Hanover, without the cars.