exercise class programme Hassocks Sports Centre

Accurate as of 05/05/2024

| Times for Monday 26 April | | | | (|
|---------------------------|---------------|----------|------------|----------|
| Time | Session | Facility | Instructor | Level |
| 9:15 am - 10:15 am | Barre Fitness | studio | | |
| 6:15 pm - 7:15 pm | Pilates | studio | | |