

exercise class programme

Hassocks Sports Centre

Accurate as of 04/05/2024

Times for Monday 8 August



| Time | Session | Facility | Instructor | Level |
|---------------------|-------------------------|----------|------------|-------|
| 9:15 am - 10:15 am | Barre Fitness | studio | | |
| 10:15 am - 11:15 am | Pilates | studio | | |
| 6:15 pm - 7:15 pm | Pilates | studio | | |
| 7:30 pm - 8:30 pm | Strength & Conditioning | studio | | |