

# exercise class programme

## Hassocks Sports Centre

Accurate as of 05/05/2024

Times for Sunday 14 August

| Time                | Session          | Facility | Instructor | Level |
|---------------------|------------------|----------|------------|-------|
| 9:00 am - 9:45 am   | Freedom Bootcamp | studio   |            |       |
| 10:00 am - 11:00 am | Pilates          | studio   |            |       |