

# exercise class programme

## Hassocks Sports Centre

Accurate as of 30/04/2024

### Times for Monday 15 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		