


exercise class programme

Hassocks Sports Centre

Accurate as of 09/05/2024

Times for Friday 19 August					
Time	Session	Facility	Instructor	Level	
8:15 am - 9:00 am	Pilates	studio			
9:15 am - 10:00 am	HIIT	studio			
10:00 am - 10:45 am	Beginners Circuits	studio		beginner	
6:00 pm - 6:45 pm	Stretch & Tone	studio			