

# exercise class programme

## Hassocks Sports Centre

Accurate as of 28/04/2024

### 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		