

# exercise class programme

## Hassocks Sports Centre

Accurate as of 15/05/2024

Times for Saturday 20 August				
Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Total Body Conditioning	studio		
9:15 am - 9:45 am	Core Plus	studio		
9:45 am - 10:15 am	Barre Fitness	studio		