

exercise class programme

Hassocks Sports Centre

Accurate as of 06/05/2024

Times for Friday 26 April				
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
10:45 am - 11:30 am	Beginners Circuits	studio		beginner
6:00 pm - 6:45 pm	Stretch & Tone	studio		