

exercise class programme

Hassocks Sports Centre

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	TRX	studio		
9:15 am - 10:00 am	Freedom Circuits	studio		
5:15 pm - 6:00 pm	Beginners Circuits	studio		
6:15 pm - 7:00 pm	Dance Fitness	studio		
7:00 pm - 7:45 pm	HIIT	studio		