

exercise class programme

Hassocks Sports Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May				
Time	Session	Facility	Instructor	Level
9:15 am - 10:00 am	Dance Fitness	studio		
10:00 am - 11:00 am	Pilates, yoga and movement	studio		
4:30 pm - 5:15 pm	Beginners Circuits	studio		beginner
6:45 pm - 7:30 pm	Supple Strength	studio		
7:30 pm - 8:00 pm	Meditation	studio		