

# exercise class programme

## Hassocks Sports Centre

Accurate as of 19/05/2024

Times for Thursday 2 May				
Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Functional Weight Lifting	studio		
9:15 am - 10:00 am	Total Body Conditioning	studio		
10:15 am - 11:15 am	Pilates	studio		
7:15 pm - 8:00 pm	Ricky Hatton Boxing Academy	sports hall		