

exercise class programme

Hassocks Sports Centre

Accurate as of 07/07/2026

Times for Tuesday 7 July



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	TRX	studio		
9:15 am - 10:00 am	Freedom Circuits	studio		
10:15 am - 11:15 am	Stretch	studio		
5:00 pm - 5:45 pm	Beginners Circuits	studio		
6:15 pm - 7:00 pm	Dance Fitness	studio		
7:00 pm - 7:45 pm	HIIT.	studio		
8:00 pm - 9:00 pm	Walking Football	sports hall		