

exercise class programme

Hassocks Sports Centre

Accurate as of 07/07/2026

Times for Wednesday 8 July



Time	Session	Facility	Instructor	Level
8:15 am - 9:00 am	Weighted Workout	studio		
9:15 am - 10:00 am	Dance Fitness	studio		
10:00 am - 11:00 am	Supple Strength.	studio		
4:30 pm - 5:20 pm	Health and Wellbeing Circuits	studio		beginner
6:30 pm - 7:00 pm	Fitball.	studio		
7:00 pm - 7:45 pm	Supple Strength.	studio		