

exercise class programme

Hassocks Sports Centre

Accurate as of 07/07/2026

Times for Thursday 9 July



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		
11:00 am - 12:00 pm	Pilates	studio		
7:15 pm - 8:00 pm	Weighted Workout	studio		