

exercise class programme

Hassocks Sports Centre

Accurate as of 07/07/2026

Times for Friday 10 July



Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	Pilates	studio		
9:00 am - 9:45 am	HIIT.	studio		
9:45 am - 10:30 am	Health and Wellbeing Circuits	studio		beginner
10:30 am - 11:15 am	Seated Exercise	studio		beginner
6:00 pm - 6:45 pm	Stretch & Tone	studio		
7:00 pm - 9:00 pm	No Strings Badminton	sports hall		