

exercise class programme

Hassocks Sports Centre

Accurate as of 07/07/2026

Times for Saturday 11 July



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Total Body Conditioning	studio		
9:15 am - 9:45 am	Core Express	studio		
9:45 am - 10:15 am	Barre Express	studio		