

exercise class programme

Hassocks Sports Centre

Accurate as of 07/07/2026

Times for Monday 13 July



Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	Aerobics	studio		
9:00 am - 10:00 am	Barre Fitness	studio		
6:15 pm - 7:15 pm	Pilates	studio		
7:15 pm - 8:00 pm	Step	studio		