

exercise class programme

Hassocks Sports Centre

Accurate as of 18/09/2026

Times for Friday 18 September



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