

exercise class programme

Hassocks Sports Centre

Accurate as of 18/09/2026

Times for Saturday 19 September



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