

exercise class programme

Hassocks Sports Centre

Accurate as of 18/09/2026

Times for Monday 21 September



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