

exercise class programme

Hassocks Sports Centre

Accurate as of 18/09/2026

Times for Tuesday 22 September



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	TRX	studio	Lesley	
9:15 am - 10:00 am	Freedom Circuits	studio	Clio	
10:15 am - 11:15 am	Stretch	studio	Lesley	
11:20 am - 12:20 pm	Supple Strength.	studio	Katie	
5:00 pm - 5:45 pm	Beginners Circuits	studio	Will	
6:15 pm - 7:00 pm	Dance Fitness	studio	Katie	
7:00 pm - 7:45 pm	HIIT.	studio	Katie	
8:00 pm - 9:00 pm	Walking Football	sports hall		