

exercise class programme

Hassocks Sports Centre

Accurate as of 18/09/2026

Times for Wednesday 23 September				
Time	Session	Facility	Instructor	Level
8:15 am - 9:00 am	Weighted Workout	studio	Sarah	
9:15 am - 10:00 am	Dance Fitness	studio	Katie	
4:30 pm - 5:20 pm	Health and Wellbeing Circuits	studio	Katie	beginner
6:30 pm - 7:00 pm	Fitball.	studio	Katie	
7:00 pm - 7:45 pm	Supple Strength.	studio	Katie	