

exercise class programme

Hassocks Sports Centre

Accurate as of 18/09/2026

Times for Thursday 24 September



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Functional Weight Lifting	studio	Will	
9:15 am - 10:00 am	Total Body Conditioning	studio	Clio	
10:15 am - 11:15 am	Pilates	studio	Carolyn	
7:15 pm - 8:00 pm	Weighted Workout	studio	Penny	