

exercise class programme

Hassocks Sports Centre

Accurate as of 19/04/2024

Times for Thursday 17 October



| Time | Session | Facility | Instructor | Level |
|---------------------|-----------------------------|-------------|------------|-------|
| 10:15 am - 11:15 am | Pilates | studio | | |
| 7:15 pm - 8:00 pm | Ricky Hatton Boxing Academy | sports hall | | |