

# exercise class programme

## Hassocks Sports Centre

Accurate as of 27/07/2024

### Times for Tuesday 28 June



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	TRX	studio		
9:15 am - 10:00 am	Freedom Circuits	studio		
5:15 pm - 6:00 pm	Beginners Circuits	studio		
6:15 pm - 7:00 pm	Dance Fitness	studio		