

exercise class programme

Hassocks Sports Centre

Accurate as of 08/05/2024

Times for Friday 3 May



| Time | Session | Facility | Instructor | Level |
|---------------------|--------------------|----------|------------|----------|
| 8:15 am - 9:00 am | Pilates | studio | | |
| 9:15 am - 10:00 am | HIIT | studio | | |
| 10:00 am - 10:45 am | Beginners Circuits | studio | | beginner |
| 10:45 am - 11:30 am | Beginners Circuits | studio | | beginner |
| 6:00 pm - 6:45 pm | Stretch & Tone | studio | | |