

# group exercise programme

## Rye Sports Centre

Accurate as of 09/05/2024

Times for Monday 16 July				
Time	Session	Facility	Instructor	Level
9:15 am - 10:15 am	Kettlercise®	Aerobics Studio	Lindsey	all levels
5:45 pm - 7:00 pm	Freedom Circuits	Sportshall	Lindsey	all levels