

# group exercise programme

## Rye Sports Centre

Accurate as of 09/04/2024

| Times for Wednesday 25 July |         |                 |            |            |
|-----------------------------|---------|-----------------|------------|------------|
| Time                        | Session | Facility        | Instructor | Level      |
| 5:45 pm - 6:30 pm           | P90X    | Aerobics Studio | Lindsey    | all levels |