

group exercise programme

Rye Sports Centre

Accurate as of 10/05/2024

| Times for Friday 27 July | | | | |
|--------------------------|--------------|-----------------|------------|-------------------------|
| Time | Session | Facility | Instructor | Level |
| 9:15 am - 10:15 am | Freedom Step | Aerobics Studio | Lindsey | all levels |
| 10:30 am - 12:00 pm | Hatha Yoga | Aerobics Studio | Margot | all levels |
| 7:00 pm - 8:00 pm | Vinyasa Yoga | Aerobics Studio | | beginner / intermediate |