

# group exercise programme

## Rye Sports Centre

Accurate as of 05/05/2024

Times for Friday 28 September				
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