

group exercise programme

Rye Sports Centre

Accurate as of 12/05/2024

Times for Monday 12 November				
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