

# group exercise programme

## Rye Sports Centre

Accurate as of 25/04/2024

### Times for Thursday 22 November



Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	PiYo	Dance Studio	Lindsey	all levels
7:15 pm - 8:00 pm	Aqua Aerobics	Aerobics Studio		all levels