

# group exercise programme

## Rye Sports Centre

Accurate as of 06/05/2024

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