

group exercise programme

Rye Sports Centre

Accurate as of 05/05/2024

| Times for Thursday 28 February | | | | |
|--------------------------------|---------------|-----------------|------------|------------|
| 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 |