## group exercise programme Rye Sports Centre

Accurate as of 18/05/2024

| Times for Tuesday 17 September |         |                 |            | •          |
|--------------------------------|---------|-----------------|------------|------------|
| Time                           | Session | Facility        | Instructor | Level      |
| 7:00 pm - 8:00 pm              | P90X    | Aerobics Studio | Lindsey    | all levels |