

group exercise programme

Rye Sports Centre

Accurate as of 05/05/2024

Times for Wednesday 18 September



| Time | Session | Facility | Instructor | Level |
|-------------------|---------|-----------------|------------|------------|
| 8:30 am - 9:30 am | Fitball | Aerobics Studio | Lindsey | all levels |
| 5:45 pm - 6:30 pm | P90X | Aerobics Studio | Lindsey | all levels |