

group exercise programme

Rye Sports Centre

Accurate as of 17/05/2025

Times for Thursday 19 September



Time	Session	Facility	Instructor	Level
10:00 am - 11:00 am	Boxing Circuits	Aerobics Studio		all levels
11:00 am - 12:00 pm	Pilates	Aerobics Studio		all levels
6:00 pm - 6:45 pm	PiYo	Dance Studio	Lindsey	all levels