

# group exercise programme

## Rye Sports Centre

Accurate as of 20/04/2024

### Times for Wednesday 25 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