

# group exercise programme

## Rye Sports Centre

Accurate as of 30/04/2024

| Times for Friday 28 February |              |                 |            |            |
|------------------------------|--------------|-----------------|------------|------------|
| Time                         | Session      | Facility        | Instructor | Level      |
| 9:15 am - 10:15 am           | Freedom Step | Aerobics Studio | Lindsey    | all levels |
| 10:30 am - 12:00 pm          | Hatha Yoga   | Aerobics Studio | Margot     | all levels |