

# group exercise programme

## Rye Sports Centre

Accurate as of 07/05/2024

### Times for Monday 29 April



Time	Session	Facility	Instructor	Level
8:15 am - 9:10 am	Total Body Workout	Aerobics Studio	Lindsey	all levels
9:15 am - 10:15 am	Kettlercise®	Aerobics Studio	Lindsey	all levels
10:30 am - 11:30 am	Yin Yoga	Aerobics Studio	Bernie	all levels
12:30 pm - 1:00 pm	Low Impact Fitness	Aerobics Studio	Zara	all levels
1:05 pm - 1:35 pm	Aqua Aerobics	Swimming Pool (25m x 4 Lanes)	Zara	
5:45 pm - 7:00 pm	Freedom Circuits	Sportshall	Lindsey	all levels