

# group exercise programme

## Rye Sports Centre

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	Instructor	Level
8:15 am - 9:00 am	P90X	Aerobics Studio	Lindsey	all levels
9:15 am - 10:00 am	Freedom Indoor Cycling	Aerobics Studio	Dave/Debbie	
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Aerobics Studio	Dave/Debbie	