

group exercise programme

Rye Sports Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May					
Time	Session	Facility	Instructor	Level	
9:15 am - 10:00 am	HIIT	Aerobics Studio	Lindsey		
10:00 am - 10:30 am	Stretch & Flow	Aerobics Studio	Lindsey		
12:30 pm - 1:00 pm	Chair Based Fitness	Aerobics Studio	Zara	all levels	
1:05 pm - 1:35 pm	Aqua Aerobics	Swimming Pool (25m x 4 Lanes)	Zara		
4:45 pm - 5:45 pm	Hatha Yoga	Aerobics Studio	Bernie	all levels	
5:45 pm - 6:30 pm	P90X	Aerobics Studio	Lindsey	all levels	