

# group exercise programme

## Rye Sports Centre

Accurate as of 19/05/2024

Times for Thursday 2 May				
Time	Session	Facility	Instructor	Level
10:15 am - 11:15 am	Pilates	Aerobics Studio	Jenny	all levels
11:30 am - 12:30 pm	Pilates	Aerobics Studio	Jenny	