

group exercise programme

Rye Sports Centre

Accurate as of 04/07/2025

Times for Monday 18 January



Time	Session	Facility	Instructor	Level
9:15 am - 10:15 am	Kettlercise®	Aerobics Studio	Lindsey	all levels
5:45 pm - 7:00 pm	Freedom Circuits	Sportshall	Lindsey	all levels