

# group exercise programme

## Rye Sports Centre

Accurate as of 02/03/2021

### Times for Friday 22 January



Time	Session	Facility	Instructor	Level
9:15 am - 9:45 am	freedom step	Aerobics Studio	Lindsey	all levels
10:00 am - 10:30 am	freedom step	Aerobics Studio	Lindsey	
10:45 am - 12:15 pm	hatha yoga	Aerobics Studio	Margot	all levels