

# group exercise programme

## Rye Sports Centre

Accurate as of 19/04/2021

### Times for Tuesday 26 January



Time	Session	Facility	Instructor	Level
9:15 am - 10:00 am	freedom indoor cycling	Aerobics Studio	Dave/Debbie	
10:15 am - 11:30 am	vinyasa yoga	Aerobics Studio	Emma	
6:00 pm - 7:00 pm	P90X	Aerobics Studio	Lindsey	all levels
7:00 pm - 7:45 pm	freedom combat	Aerobics Studio	Lindsey	all levels