group exercise programme Rye Sports Centre

Accurate as of 27/04/2024

| Times for Wednesday 24 February | | | | | © |
|---------------------------------|---------|-----------------|------------|------------|----------|
| Time | Session | Facility | Instructor | Level | |
| 5:45 pm - 6:30 pm | P90X | Aerobics Studio | Lindsey | all levels | |