

group exercise programme

Rye Sports Centre

Accurate as of 14/05/2024

Times for Friday 17 December



Time	Session	Facility	Instructor	Level
9:15 am - 10:15 am	Freedom Step	Aerobics Studio	Lindsey	all levels
10:30 am - 12:00 pm	Hatha Yoga	Aerobics Studio	Margot	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Aerobics Studio	Dave/Debbie	