

# group exercise programme

## Rye Sports Centre

Accurate as of 19/04/2024

### Times for Friday 19 April



Time	Session	Facility	Instructor	Level
8:15 am - 9:10 am	Freedom Step	Aerobics Studio	Lindsey	all levels
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
12:30 pm - 1:15 pm	Freedom Indoor Cycling	Aerobics Studio	Bobbi	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Aerobics Studio	Dave/Debbie	