

# exercise class programme

## Arc Leisure Matlock

Accurate as of 01/05/2024

### Times for Thursday 29 April



| Time               | Session                           | Facility     | Instructor | Level |
|--------------------|-----------------------------------|--------------|------------|-------|
| 7:00 am - 7:45 am  | Freedom Indoor Cycling & Circuits | Cycle Studio | Sophie     |       |
| 9:15 am - 10:00 am | HIIT                              | Studio 2     | Shelley F  |       |
| 5:15 pm - 6:00 pm  | Zumba                             | Studio 1     | Dave P     |       |
| 7:15 pm - 7:45 pm  | HIIT                              | Studio 2     | Jake       |       |