

exercise class programme

Arc Leisure Matlock

Accurate as of 08/05/2024

Times for Monday 20 June



Time	Session	Facility	Instructor	Level
9:15 am - 10:00 am	Aqua Aerobics	Main Pool	Dave P	
9:45 am - 10:30 am	Kettlercise HITT	Studio 1	Dolores W	
11:45 am - 12:30 pm	Stretch & Tone	Studio 1	Jayne	beginner
3:30 pm - 4:30 pm	Chair Based Fitness	Studio 1	Helen E	
5:15 pm - 6:00 pm	Zumba	Studio 1	Dave P	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Paul E	
6:00 pm - 7:00 pm	Yoga	Studio 1	Karen	
7:15 pm - 8:00 pm	Kettlebells	Studio 2		