# exercise class programme

## Arc Leisure Matlock

**Accurate as of 12/10/2024**

### Times for Monday 27 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 | | |