

# exercise class programme

## Arc Leisure Matlock

Accurate as of 19/04/2024

### Times for Friday 1 July



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Freedom Indoor Cycling	Cycle Studio	Shelley F	
9:00 am - 9:45 am	HIIT Conditioning	Studio 2	Paul E	
9:45 am - 10:30 am	Freedom Indoor Cycling	Cycle Studio	Paul E	
9:45 am - 10:30 am	Freedom Pump	Studio 1	Steph	
10:35 am - 11:15 am	Legs, Bums & Tums	Studio 1	Steph	
12:30 pm - 1:15 pm	Aqua Aerobics	Main Pool	Jayne	
12:30 pm - 1:30 pm	Aqua Rehab	Main Pool	Paul E	
5:30 pm - 6:15 pm	Boxercise (Cancelled)	Studio 2	Paul E	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Sophie	