

exercise class programme

Arc Leisure Matlock

Accurate as of 14/05/2024

Times for Thursday 28 March



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	
9:30 am - 10:30 am	Yoga Flow	Studio 2		
10:30 am - 11:15 am	Aqua Aerobics	Main Pool	Dawn	
10:45 am - 11:45 am	Barre Fitness	Studio 1	Karen	
12:00 pm - 1:00 pm	Yoga	Studio 1	Karen	
1:30 pm - 2:30 pm	Health Circuits	Studio 1	Helen E	60+
3:00 pm - 4:00 pm	Health Circuits	Studio 1	Helen E	beginner
5:15 pm - 6:00 pm	Zumba	Studio 1	Dave P	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Cycle Studio	Steph	
6:15 pm - 7:00 pm	Stretch & Tone	Studio 1	Steph	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycle Studio	Jake	
6:30 pm - 7:15 pm	Boxercise	Studio 2		
7:15 pm - 7:45 pm	HIIT	Studio 2	Jake	