

exercise class programme

Arc Leisure Matlock

Accurate as of 16/05/2024

Times for Saturday 30 March				
Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	Gym Session	Gym	Sophie	
8:00 am - 8:45 am	Pilates	Studio 1	Dawn	
9:00 am - 9:45 am	Freedom Indoor Cycling	Cycle Studio	Sophie	
9:00 am - 10:00 am	Zumba	Studio 1	Dave P	