## exercise class programme Arc Leisure Matlock

## Accurate as of 30/04/2024

Times for Sunday 31 March				<b>o</b>
Time	Session	Facility	Instructor	Level
9:00 am - 9:45 am	Freedom Indoor Cycling	Cycle Studio	Nick H	
9:45 am - 10:30 am	Freedom Circuits	Studio 2		